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"Wherefore as by one man sin entered into the world, and death by sin, and so death passed upon all men, for that all have sinned."

"And Adam was not deceived, but the woman being deceived was in the transgression."



MEDICAL INFORMATION FOR THE MILLION:  
OR  
THE TRUE GUIDE TO HEALTH.  
ON  
ECLECTIC AND REFORMED PRINCIPLES;  
TO WHICH IS ADDED A PRACTICAL ESSAY ON  
SEXUAL DISEASES.

---

BY  
CHARLES D. HAMMOND, M.D.



"Truth is mighty and will prevail."

ILLUSTRATED BY NEARLY ONE HUNDRED ENGRAVINGS.

"A wise physician, skilled our ills to heal,  
Is more than armies to the PUBLIC WEAL!"

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NEW YORK:  
WILLIAM HOLDREDGE, 140 FULTON STREET.  
1850.

**MEDICINE !**—The most extensive of the **SCIENCES**, the most *useful* of **ARTS** ; and the most worthy subject that can occupy the mind of a man whose heart is animated with love for his fellow-creatures.—*Cuvier*.

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THE following medical writers I have freely consulted in compiling this work :

ARROWSMITH,  
BATEMAN,  
BAILLY,  
BEACH,\*  
BEDFORD,  
BUSHE,  
BICHAT,  
BOSTWICK,  
CARPENTER,  
CLARKE,  
COMBE,  
COOPER,  
M'CORMAC,  
DICKSON,  
DRUITT,  
DUNGLISON,  
EBERLE,  
DE FONTAINE,  
GRAVES,

HARPER,  
JNO. HAMMOND,  
M. HALL,  
HOOKER,  
IMRAY,  
JENNINGS,  
MACKINTOSH,  
NEWMAN,  
PAINE,  
RICHERAND,  
RUSH,  
SEARLE,  
SMITH,  
SOLOMON,  
THOMSON,  
TURNER,  
VERE,  
WATERHOUSE,  
WORTHY.

\* Beach's Compilation, called the "Family Physician."

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THE Divine Science of **MEDICINE** will, at no very distant day, completely triumph over every disease to which the human body, as society is at present constituted, is liable ; and the perfect understanding of the true nature of **MATTER**, and of the **Laws** which govern it, will, through **Chemistry**, form the Basis of this magnificent triumph of man's genius over himself. **Mind**, **Matter** and **ELECTRICITY**, (ethereal fire,) will be found to be **IDENTICAL** : the only real difference existing between the infinite Forms of this **SPIRITUAL PRINCIPLE**, consisting in the different degrees of **DENSITY** of the latter, or **Electricity**.

C. D. H.

MEDICAL REFORM.

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MEDICAL INFORMATION FOR THE MILLION:

OR

THE TRUE GUIDE TO HEALTH,

ON

ECLECTIC AND REFORMED PRINCIPLES;

BEING PLAIN ADVICE TO BOTH SEXES IN THE TREATMENT OF NERVOUS,  
CONSUMPTIVE, SCROFULOUS, AND OTHER COMPLAINTS

TO WHICH IS ADDED

A PRACTICAL ESSAY ON SEXUAL DISEASES:

INCLUDING THE SYMPTOMS AND TREATMENT OF VENEREAL, GONOR-  
RHEAL, AND SYPHILITIC COMPLAINTS; MASTURBATION, SEMINAL  
DEBILITY, BARRENNESS, ABORTION, ETC.

EMBELLISHED BY

NEARLY ONE HUNDRED ILLUSTRATIVE ENGRAVINGS.

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BY

CHARLES D. HAMMOND, M.D.,

MEMBER OF THE ECLECTIC SCHOOL OF MEDICINE, ETC.

"Oh! mickle is the powerful grace that lies  
In *Herbs, Plants, Roots*, and their true qualities."

SHAKESPEARE.

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NEW YORK:  
WILLIAM HOLDREDGE.  
1850.

DEDICATION.

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TO

THE PEOPLE

OF THE

UNITED STATES OF AMERICA,

THIS VOLUME

ON

MEDICAL REFORM

IS

RESPECTFULLY INSCRIBED

BY

THE AUTHOR.

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## PUBLISHER'S PREFACE.

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"HEALTH, LOVE, PURITY"—These are the fundamental principles (illustrated by the succeeding engraving) on which we must all build, if we expect to enjoy true happiness.

Health and happiness are unattainable without love and purity. Happiness is the product of health ; good appetite, good digestion and good sleep are its elements. Purity and industry confer them. As "the used key is always bright," so virtue with industry brightens all the faculties, until the system cheerfully performs its natural functions with elasticity and ease.

Indolence produces disease, poverty, crime, dishonor, shame and death ; and they who turn aside from the path of virtue, will find, to their sorrow, that they have missed the great purpose of life.

Having witnessed the beginning and ruin of the young in the almost incredible short space of one year, who were of respectable parents, unassuming and well-inclined at first, and whose downward career commenced with Sabbath-breaking, swearing, chewing, smoking, reading fiction, visiting theaters, tipling, gambling and licentious houses ; defrauding their laundress, landlady, tailor and employer, thus advancing step by step, until they "drank in iniquity as the ox drinketh the

water-brook," poisoning all the channels of life, and breaking asunder all the Divine and organic laws of their nature ;—I not only believe it to be a duty, but an act of humanity to publish to the world, in plain unmistakable language, the important truths this volume unfolds, so that all who study its pages may learn the original cause of so much sickness, sorrow, shame and death, heretofore unknown only to its unwary victims, and the medical profession.

"There is a way that seemeth right with a man, but the ends thereof are the ways of death." At first they find a smooth and verdant path, covered with flowers, perfumed with odors, and shaded with grateful overhanging fruit. But its long perspective is soon found to be delusive ; for it ends quickly in a precipice, over which their pestilential bodies pitch into inevitable ruin : all for the want of some faithful friend to take them by the hand, and point out the evil consequences resulting from corrupt and vicious habits, which they are made to believe—from "lips that drop like honey-comb, and tongue smoother than oil—that stolen waters are sweet, and bread eaten in secret is pleasant ; but he knoweth not that the dead are there, and her guests are in the depths of hell, for he goeth straightway as an ox goeth to the slaughter ;" but is soon made to feel, from remorse of conscience, a feeble frame, and loss of mental faculties, that with those false pleasures commence the gnawings at the vitals, of that canker-worm, whose ravenous appetite will never cease until life is extinct. How can it be otherwise ? "Can a man take fire into his bosom, and his clothes not be burned ? can one go upon hot coals and his feet not be burned ? A wound and dishonor shall he get, that shall not be wiped away."

Notwithstanding the sacred truths of Scripture, which every one ought to take as a guide, these hidden sins are the means of destroying more lives than pestilence, famine, or the sword. And, strange as it may appear, it is nevertheless true, that no medical writer has had humanity enough to unfold, in language

that could be understood, this first great cause of evil, from which springs a majority of all the ills of life.

Nearly all medical authors, whose writings are entitled to confidence, couch their writings in such technical phraseology as can only be understood by themselves. The fear of wounding the delicate feelings of the fashionable, or more especially, uncovering the hidden mystery, by which their pockets are made glad, seems to be their only apology for keeping the mass of the people in ignorance.

This book is intended to remove all obscurity, and make plain the original channels through which disease, or constitutional disorders, first find their entrance into the system:—to open the eyes of parents, guardians, teachers and others, having the training of youth, to the necessity of enlightening their minds, on a subject of such vital importance to their future health and happiness.

Important facts are here unfolded, which may wound the false delicacy of some; but the wise and good who have at heart the future welfare of their own offspring, and the rising generation, will hail it as a welcome messenger, in the cause of HEALTH, LOVE and PURITY; for “unto the pure all things are pure, but unto those that are defiled, and unbelieving, nothing is pure; even their minds and consciences are defiled.”

It has been the earnest desire and aim of the publisher, that the author should comprise all the necessary information for the prevention and cure of the numerous diseases resulting from the transgression of the Divine and organic laws of Nature, of all classes and conditions of life, whether male or female, married or single, old or young, in so condensed a form, that it could be bound in one volume of convenient size, and at the same time not exceed in price the means of the *million*.

The numerous fine engravings were got up expressly for the work, with much care and fidelity to the subjects they are intended to illustrate. They were drawn by Chapin, after figures in wax, taken from subjects before and after

death, and engraved by Caughey, Richardson, and Van Ostrand.

It is believed that with these illustrations, and the plain, open, and frank style of the author, the work will be found adapted to the capacity of all, and impress their minds with the belief that man is fearfully and wonderfully made.

The author is a regularly educated physician, and has had much experience in the treatment of the various diseases of the human system, both in this country and in Europe, where he enjoys the confidence and respect of the intelligent and moral portion of community; and it is hoped the plain truths which he has here written, will prove highly beneficial to all classes, when medical advice of any kind is necessary.

Youth of both sexes who are about to embark on the broad ocean of life, and all who read the good advice this volume contains, will, we trust, be induced to live in accordance with the following Scriptural injunctions:

“Whoso findeth a wife, findeth a good thing, and obtaineth favor of the Lord.”—Prov. 18 : 22.

“He that getteth a wife, beginneth a possession, a help like unto himself, and a pillow of rest.”—Eccls. 36 : 24.

“I will therefore that the younger women marry, bear children, guide the house, give none occasion to the adversary to speak reproachfully.”—1 Tim. 5 : 14.

“Nevertheless, let every one of you in particular so love his wife even as himself: and his wife see that she reverence the husband.”—Eph. 5 : 33. See Prov. 31 : 10–31; 1st Cor. 11 : 3–12.

“Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband. Let the husband render unto the wife due benevolence, and likewise also the wife unto the husband.”—1st Cor. 7 : 2, 3. See Deut. 22 : 22–29; Exo. 22 : 16, 17.





HEALTH, LOVE, PURITY.



## AUTHOR'S PREFACE.

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“A REFORM is needed in the Practice of Medicine. This reform is fairly begun in the profession ; and there may be seen, even amid the diversified statements of its advocates, some indications of its commencement among the People.” The little volume which I now offer to the intelligent *Millions* of my free and happy countrymen, is a humble effort to promote this reform.

With much confidence, therefore, I respectfully present this illustrated synopsis of Reformed Medical Practice to you, to *all* who read the English language ; being well convinced that such a book has long been wanted by the non-medical reader. An attentive perusal of its pages will satisfy all, I believe, that the book has been prepared with much care and with a view to make it what it professes to be, namely, a *True Guide to HEALTH and HAPPINESS*, and well adapted for the free use of both sexes and all classes of an independent and enlightened People : being furnished with a Glossary, or dictionary, of every technical medical word employed in the text, for the purpose of rendering it in every respect perfectly intelligible to the *Masses*, for whom it is especially designed.

It is a somewhat remarkable but not less positive *fact*, that no similar publication to the present one, on the Reformed or Eclectic Medical Practice, combining *practical utility* with

ease of style and familiarity of description, and afforded at such a trifling cost, through the liberality of the publisher, has ever, to my knowledge, been presented to the American public : absolutely *nothing* that is at all *worthy* of my republican brethren. And this is one of the reasons which has encouraged me to prepare the volume for their exclusive benefit ; with the hope that wherever they may be, it will find them.

Although many self-styled “ popular ” medical treatises, purporting to be designed for the use of non-professional persons, have been issued from the press from time to time, I nevertheless believe that, with one or two rare exceptions perhaps, none of these books are at all what they profess to be. In the first place, they are either too voluminous and unwieldy in size, or they are not sufficiently explicit, clear, or appropriate, either in language or tone—to say nothing of their great cost—especially when we take into consideration the importance of the subject treated on, and the class of readers for whom these authors write. Secondly, such works are often very deficient in their description of the *symptoms* of particular diseases ; which comes from their writers not being plain and familiar enough in manner or style, for the general reader. Thirdly, these treatises are so encumbered and mystified with medical technicalities, that they are rendered almost if not entirely unintelligible to all excepting, perhaps, medical men. And lastly, the *treatment* laid down for the use of the patient, is seldom *safe*, even in the hands of physicians themselves, much less in the hands of those who have neither time nor inclination to trouble themselves with the nice, and oftentimes intricate, adjustment or regulation of the *proper doses* of the *mineral* medicines recommended to their favor.

But, in the following pages, I have essayed (and I trust with success) to do away completely with the above, and many other serious obstacles, which have heretofore prevented a *clear* understanding of the subjects treated on in books of this description. Much pains has been taken, in particular, to



make the *recipes* perfectly plain, accurate, and easily understood by those for whose use they have been selected and arranged.

By this *Guide*, the patient is introduced to a faithful, life-like and vividly portrayed picture of his or her individual complaint, be it of an hereditary, accidental, chronic or acute nature ; also, to the *safe* and *certain* means best calculated and adapted to bring about a speedy and permanent CURE of the same.

To the young of either sex, who have been so unwise or unfortunate as to contract a *delusive*, *secret* and *destructive* habit, whereby they have greatly impaired their health and nearly ruined their constitutions, it is hinted that they may find comfort and consolation pictured to their view, by looking into the pages of this small, though to them, *important* work.

There is a large and very comprehensive class of diseases which are, unfortunately, but too prevalent in the United States, and which are met with much oftener in our large cities and towns, than in the comparatively healthy and quiet country village ; although they are far too prevalent even in the peacefulness and simplicity of a country life : I refer to NERVOUS DISEASES.

Having had much experience in the treatment of these complaints, they have naturally had a considerable share of my attention bestowed upon them ; and such as are unhappily troubled with any of the various forms of this class of affections will, I trust, discover in this treatise *hints* not inferior to anything of the kind which may have been previously written by either foreign or domestic medical authors. The Electrical Theory of the Origin of nervous, as well as of all other forms of DISEASE,—for the *immediate cause* of the loss of health is universal, *one* and the same,—is entirely original, never having been, that I am aware of, promulgated by any other medical writer. I believe my views on this important subject to be philosophical, and, in the main,

correct ; honest investigation will alone decide, however, to the satisfaction of the world, whether they are so or not. Should they be found, on application, to accord with truth, much will have been accomplished toward perfecting the NOBLE and much abused science of Medicine. A new era in Medical Practice will have been created. The *cause* and seat of disease being known, its *cure* may, in the majority of curable complaints, be readily effected.

The tender FEMALE, who, by nature, is destined to be the preserver of the human race, is, alas ! liable to many natural indispositions, which render her condition truly wretched and unequal, when compared with that of the male ; for in whatever situation of life she is placed, she seldom enjoys a perfect state of health. If she enters into the married state, even from that source of pleasure, sickness and pain arise ; and *pregnancy* brings with it a train of loathing, uneasiness, &c. If she remain single, her condition will be less respected, and she can hardly hope to escape laboring under some infirmity or other, because she is "*a stranger to a mother's pangs.*"

What, then, can be of more *importance* to a female, than to make herself intimately acquainted with *every symptom* to which she is peculiarly liable ; and how to conduct herself in all circumstances, without having her delicacy wounded by a disclosure of her fears, or her apprehensions, to the rude scrutiny of *pretended friends* ?

YOUTHS who have unguardedly plunged themselves into licentious love, and feel the dreadful consequences of an impure embrace, (or, what is still more dreadful, the injudicious treatment of a complaint, which has too many illiterate pretenders to cure,) will find a faithful GUIDE TO HEALTH—a true friend—in the perusal of certain portions of this volume. (See Index.) These remarks equally apply to the young and unsuspecting of both sexes, to point out to them, in a plain and familiar manner, the dangers by which they are surround-

ed, and the arts by which many of our youth have been seduced from the paths of virtue, by the wily and designing who lie in wait to accomplish their ruin ;—not to denounce and condemn blindly, but to take all kindly by the hand, and point out to them by *arguments* and illustrations, the contrast between obedience and disobedience to the *true* laws of simple, unperverted *Nature*.

Those who are unfortunately emaciated, and who labor under a continual drain from the system, whereby their bodily *strength* is not only exhausted, but also their mental vigor and vivacity are impaired, will meet with a *friendly monitor* in this valuable publication.

To invalids by birth, who have received from their parents the inheritance of a diseased and unprolific frame ; to the delicate female, whom an inactive and secluded life, together with the immoderate use of *tea* and other weak and watery ingesta, have, without any fault of hers, brought on all the calamitous symptoms of a *consumptive* habit of body, and who will, without timely assistance be rendered them, sink into an untimely grave !—the remedies here recommended will afford the most permanent relief, and bestow (under Divine influence) all the comforts of life, which, without *Health*, is not worth possessing.

Whatever is herein recommended, is according to the dictates of my judgment—apart from my personal predilection for *electricity*, as a remedial agent of great value—and I am happy to acknowledge the assistance I have derived from eminent medical men, to whose labors I am much indebted : they have *tried* the remedies prescribed as well as myself, and have been neither *afraid* nor *ashamed* to acknowledge their salutary and powerful efficacy in the cure of disease. Having always considered myself at liberty to adopt what I conceive to be the TRUTH, and to reject what appears to be wrong, I have the consolation to reflect that I have not advanced any *Theory* which I have not myself reduced to Practice. If I, at times, seem to condemn

too harshly what I honestly believe to be the "*fallacies of the faculty*,"—the "old school practice" of medicine—I only do that which the importance of the subject imperatively demands; I have been as mild in my expressions as the occasion would appear to require, and without the slightest intention of wounding the feelings of any one. None but invidious persons will misconstrue my meaning; the intelligent and good always judge by the *spirit*, and not by the letter: the esteem of such men, and such only, do I expect or even ask.

I do not seek for *fame*; I aim at truth, and to make myself useful to my fellow-creatures: for, "*human nature is burdened with innumerable evils, and every man ought to lend a hand to lessen the dreadful aggregate.*"

This treatise being calculated for the perusal of non-medical persons solely, there is no one in the English language that will prove of more real use to them. *Safe and certain* medicines are here recommended on that strong basis, EXPERIENCE. To offer an inefficacious remedy, would betray not only a want of common sense, but of common honesty as well. Those, therefore, who make use of the medicines herein prescribed, will assuredly find relief from them, without the least *public* disadvantage. I have, with unremitted assiduity, expended as much care and thought in preparing this work, as the most careful experience could dictate.

I cannot think that it is in my power to pay those friends who have honored me with their confidence and partiality, too high a compliment in thus publicly expressing my thanks to them for the same: my heart is penetrated with gratitude, and I hope the exultation is nowise egotistical that springs from the reflection, that none have reason to repent them of the confidence reposed in me.

There is one admonition to patients, that is highly necessary to be made here; it is this—that persons taking medicines, should pay the most implicit regard to the *Directions* given with them; and in particular to conform in *eating and drinking*,



for, unless the patient will lend his own assistance toward facilitating the operation of the remedy, its efficacy must certainly be weakened, and often retarded, if not totally destroyed. *Science* may and does teach one how to prepare and apply the productions of Nature, to aid her in overcoming *disease*; but surely it is not in the power of all the medical men in Christendom, to devise a specific for inconsiderate carelessness.

It will be inferred from the foregoing remarks, that the book has been "got up" without reference to cost, or to the trouble, care, and time, which it has been necessary to expend upon it; and which labor and expense were thus cheerfully submitted to for the purpose of rendering the volume a source of both *pleasure* and *profit* to the reader. If I have succeeded in the enterprise, I shall be quite satisfied; and should it be the means of rescuing our youth from evil, and of lessening pain and suffering to the patient, or of rendering his cure more expeditious and complete, I shall feel amply compensated, morally, for whatever trouble, &c., I may have experienced, in common with the publisher, in bringing the work forward.

It has been one great object with the writer, in preparing this *Guide to Health* for the public, to inculcate a moral and religious sentiment in the minds of his *youthful* readers, particularly, and which will be found to pervade the entire volume. Marriage, also, as being the grand source whence *true* happiness and *rational* pleasures flow, is herein recommended to those about launching their bark on life's tempestuous billows,—which billows, however, may be rendered more or less smooth and tranquil, if we will but *start right* at the outset of the perilous voyage—from a firm conviction that the cause of virtue and true social enjoyment cannot be more effectually subserved or assisted in any other way. In the "Address to Parents, Tutors, and the Guardians of Youth," as well as in

several other parts of the work, these views will be found ardently, yet temperately advocated. For,

“ *Vice* is a monster of so frightful mien,  
As to be hated needs but to be seen.”

The *engravings* distributed through the following pages, will be found highly attractive and useful, in illustrating the subject-matter of which those pages are composed.

Beyond the views laid down in this work on the subject of *Magnetic Electricity*, as applied to the *treatment* of Disease, together with the *form* and *style* of the book, and some other matters of minor importance, originality is not here claimed by the author; the object in this instance having been, to make a *useful* Manual, adapted to the wants of an enlightened community: indeed, I would prefer its being considered as a compilation, as best explaining the nature of its contents, which I have aimed to make as clear, comprehensive and varied, as circumstances would admit of.

Finding it impossible to entirely do away with technical terms, while arranging the text, without sacrificing perspicuity and rendering the matter too prolix and tedious, I have composed a *Dictionary* or Glossary, and have appended it to the end of the book, in which all such terms are fully explained; thus making the work as complete and free from objections, on this score at least, as possible.

Much of the therapeutical matter, forming the first and last parts of this volume, was collected during my late tour in Europe—particularly in France—in the capital of which I resided several years, for the purpose of availing myself of the advantages which Paris so preëminently possesses, and so generously offers to medical men, and others, in search of information relating to scientific subjects generally.

In concluding these somewhat lengthened prefatory remarks, I would say that, if these my efforts are duly appreciated, and I am sustained in my endeavors to disseminate among my

fellow-citizens the most *important* and *valuable* of all knowledge—that of preserving their HEALTH and *lives*, as well as their money from the eager clutches of the heartless charlatans, with which the country abounds,—and that knowledge, too, at a *price* within the means of ALL,—I may be induced to present myself before them again, at some future time, relative to matters of equally vital importance and interest as the present.

I must not here forget to acknowledge, that I have derived many valuable suggestions on several of the diseases treated of in this work, from my good friend, Dr. JAMES BOYLE, of this city, a gentleman of high professional and literary attainments, and one of the best medical writers in either the new world or the old. I am here impelled, by a double sense of justice and admiration, thus publicly to testify to the fine qualities of both head and heart possessed by this amiable and inestimable man : the more so, as *such* men are seldom found, alas ! so near the frigid zone of this sublunary world. Dr. B. is a true lover of his profession, in the practice of which he stands as preëminent as he does in the capacity of an elegant writer in the medical, as in other departments of literature. He is, *also*, a sincere friend to the junior members of the profession, and the benefactor of struggling merit wherever he meets with it. May he long live to adorn our noble Art, and to shed the life-beams of his warm friendship upon the poor student—to give him that *encouragement*, without which the seeds of merit that he may possess, cast on the unpropitious and arid sands of this almost barren desert, would inevitably wither and finally perish. What a contrast is here presented to the mind, on comparing such Men of Ross with the cold, sordid selfishness of the many, very many, who (for a short season only, however,) manage to palm themselves off upon the world as *philanthropists* !

Mr. THOMAS S. SWAIN, an American citizen, resident in New York—a gentleman who combines the rare and happy

qualities of an accomplished *practical*, as well as theoretical *medical* botanist; and who is, also, one of the best botanical writers of this class with whom I have ever met, and who I am proud to call my friend—has furnished me (through his several valuable communications) with many precious hints—contained in this volume—relating to the medicinal virtues of a goodly variety of the *flowers, plants, roots, &c.*, with which the American Flora and Herbal are replete, together with an account of their chemical properties, etc.; and for which favors, I here hasten to tender him my acknowledgments and warmest thanks—which I trust he will be pleased to accept. Mr. S. is a highly scientific man, and as such, is an ornament and an honor to his country.

As to the execution of this work, I will answer, in the language of Gulipher, that I am aware that faults may be found with respect to style, etc., but beg to state, that whatever errors I may have fallen into on these heads, arose from a conviction that I the more faithfully discharged my duty by contributing *matter*, than by devoting my necessarily limited time to the correction of inelegancies.

Reader, I have now done my duty; and rest assured, that the most exalted and refined felicity springs from our unwearied endeavors to lessen the evils of life, and to *add to* the enjoyment of our fellow-creatures.

C. D. H.

129 CANAL STREET, *New York*, 1850.



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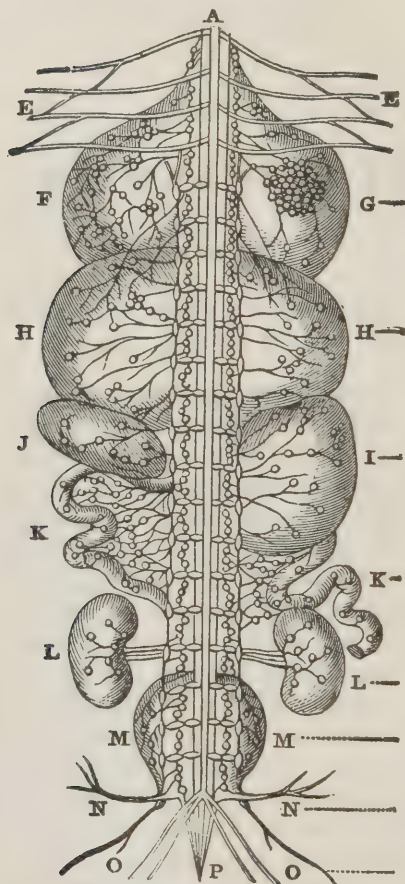
# THE TRUE GUIDE TO HEALTH.

## CHAPTER I.

### NERVOUS AND HYPOCHONDRIAC COMPLAINTS, LOWNESS OF SPIRITS, ETC.

THOSE Diseases generally termed *Nervous*, exercise an influence over the well-being of society, the injurious extent of which can scarcely be calculated. They are slow and insidious in their approach ; in their growth they are almost imperceptible ; but when they have once gained the ascendancy, the tyranny they exercise over one's happiness and future prospects in life is frightful indeed. At first, undermining the bodily and then the *mental* powers, the strongest men are laid prostrate by what medical writers can bring under no classification of diseases—or in other words, can find no *name* for, from the Protean form which the malady assumes. In the fairer sex—the delicately-formed female—these fell disorders become of paramount importance, from the fact of their rendering such patients doubly unfortunate and unhappy, on account of the extreme *sensitiveness* of their temperament, and which, in them, is the source alike of their fascination and their moral strength.

Hence the physician, who, (being a regularly-educated practitioner, and founding his claims to public favor on that broad and *only solid* basis, EXPERIENCE,) will suc-



#### GREAT SYMPATHETIC CHAIN OF NERVES.

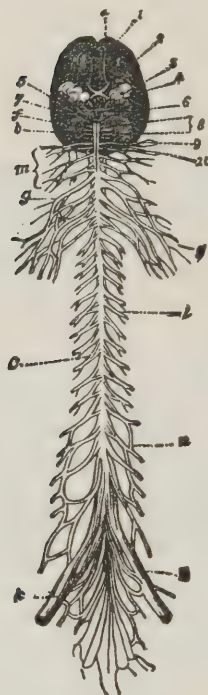
A, Spinal cord. E E, Spinal nerves connected with the right and left arms. F G, Lungs. H H, Stomach. I, Liver. J, Spleen. K, Small intestines and mesentery. L, Kidneys. M M, Uterus. N N, Spinal nerves connected with the sacrum. O P O, Spinal nerves distributed to the lower limbs.



cessfully grapple with so *subtle* and so powerful an enemy, and rescue its intended victims from the greedy clutches of knavish and over-ready *quacks* ; and who will do this also by simply and *plainly* pointing out the *causes* and CURE of such a destructive class of maladies, is surely conferring a great and lasting benefit on his fellow-creatures. This, reader, it will be my aim to accomplish in the following pages ; and, with the advantages which I believe I may *safely* affirm that I possess, I flatter myself I shall be able to perform the task to your entire and hearty satisfaction. Before I proceed to treat of the Diseases of the Nervous System, it will be as well to give a brief idea of the parts of which that system is composed.

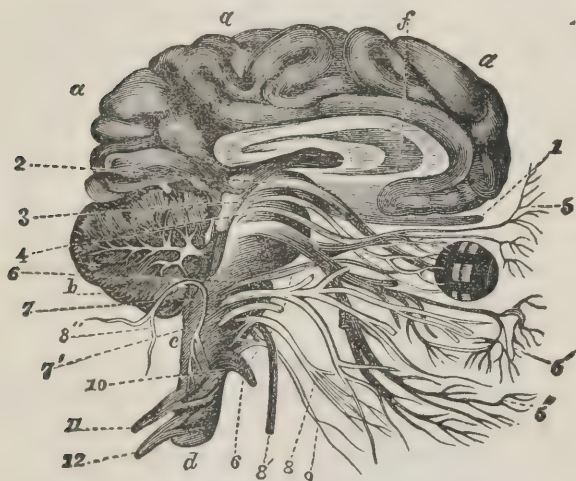
Anatomists have divided the nervous system into two orders—the *Cerebro-spinal* and the *Sympathetic* systems. The first of these consists of 1st, the *brain* as the center ; 2d, the spinal marrow and of the *sentient* nerves, or nerves of sensation ; and 3d, of the *voluntary* nerves, or nerves of motion, which proceed from them, either along the base of the brain, or along the spinal marrow, or backbone, and thence to every external or outward part of the body. The second division comprehends the internal ganglionic or sympathetic system of nerves, or the nerves of nutrition, &c. ; and which are situated in the abdomen and chest, behind the viscera, and contiguous with the backbone or spinal column.

These distressing and comparatively neglected complaints, being much more prevalent in this country than is generally imagined, and being attended with many dreadful and alarming symptoms, which certainly claim our pity and our assistance, and not, as is too generally the case, derision or contempt ; I have, therefore, been very attentive to the method of cure, and hope the following will prove as good a treatise on those diseases, as any extant.



### BRAIN AND SPINAL MARROW.

View of the base of the brain, front portion of the spinal marrow, and several attached nerves: *a*, cerebrum (large brain); *b*, cerebellum (little brain, which is lower and posterior than the other); *c*, spinal marrow; *f*, medulla oblongata, the so-called bulging spinal marrow which swells out as it enters the brain; 1, the nerves of smell; 2, nerves of sight; 3, 4, 5, 6, nerves going to different parts of the head, of no particular interest in this place; 7 is related to the nerves of hearing; 8, 9, nerves going to the tongue and gullet, etc.



BRAIN AND NERVES OF THE FACE.

- a a a*, Convolutions of the brain.
- b*, Cerebellum and arbor vitæ, or tree of life.
- c*, Medulla oblongata.
- d*, Upper part of the spinal cord.
- e*, Eye.
- f*, Lateral ventricle.
- o*, Corpus callosum.
- n*, Pineal gland.
- s*, Quadrigeminal bodies.
- 1, Olfactory nerve.
- 2, Optic nerve.
- 3, 4, 5, 6, Third, fourth, fifth, and sixth nerves.
- 5', 5'', Branches of the fifth nerve.
- 7, Portio dura of the seventh nerve.
- 7', Auditory nerve.
- 8, Glossopharyngeal nerve.
- 8', Par vagum.
- 8'', Spinal accessory nerve.
- 9, Hypoglossal nerve.
- 10, Sub-occipital nerve.
- 11, 12, First and second cervical nerves.

Under the denomination of nervous disorders, in its full extent, are included several diseases of the most dangerous kind, which are so various that a volume would hardly suffice to complete a description of them. The most common symptoms, however, are weakness, flatulence, or belching of wind, palpitations, watchfulness, drowsiness after eating, timidity, flushes of heat and cold, numbness, cramps in different parts, giddiness, (especially of the head, back, and loins), hiccough, difficulty of respiration and deglutition, anxiety, dry cough, inward sinking or a sense of "goneness," &c.

There is *one* symptom which is distinguished by no name, and of which it is impossible to form any adequate conception. It is described by patients as making its attacks by violent paroxysms or *fits*, which are, however, usually preceded by portentous indications, like the brooding of a furious storm. It pervades with its baleful and devastating influence the whole nervous system, writhing and tearing the heart with inexpressible anguish, and exciting the most dreadful thoughts of horror and despair! To this hydra-headed demon have thousands fallen a sacrifice in the terrible transports of its rage.

Nervous, or, as is generally termed, hypochondriac complaints, are such diseases of the human frame as arise from some imperfection or derangement of the nervous system, by which is meant the *brain*, the *spinal marrow*, and the whole system of *nerves* distributed throughout the entire body; and they are attended with such a train of symptoms or outward manifestations, that it is no slight task to enumerate them all: for there is no function or part of the body that is not, sooner or later, a sufferer by their tyranny. They imitate almost every disease, and are seldom alike in two different persons, or even in the

same person at different times. They are, also, continually changing shape, and upon every fresh attack the patient thinks he feels symptoms which he never experienced before. They do not only affect the body, but the *mind* likewise suffers, and is often thereby rendered extremely weak and peevish. The lowness of spirits, timidity, melancholy, and fickleness of temper, which generally accompany nervous disorders, induce many to believe that they are entirely diseases of the mind ; but this change of temper is rather an *effect* than the cause of these complaints.

Varied and numerous are the causes of this class of maladies, among the most common of which I shall mention the following, namely—the constant brooding over some loss or disappointment, great anxiety of mind, an inactive, indolent, or sedentary life, excessive venery, exertion or fatigue, too hard or too much labor, the use of crude, windy or unwholesome food, irregularity and intemperance, long-continued evacuations or inordinate *drains* from the body ; and in fact everything that has a tendency to diminish the tone or energy of the nervous system.

Nervous complaints almost invariably attend a sedentary life ; for a want of exercise enervates the body, and subjects the patient to all those diseases which depend upon too great delicacy and sensibility of the flesh or moving fiber. Though persons of genius are more liable to disorders of the nerves, the rest of mankind are by no means exempt from them. Genius often throws the nerves into convulsions, but too close attention naturally benumbs their faculties. These diseases are considered by some authors to be a low grade of mental derangement or insanity. The *internal* symptoms of hypochondria are dyspepsia or indigestion, costiveness or diarrhea, slimy stools or evacuations from the bowels, flatulency, pale and



copious discharges of urine, &c. A prominent symptom is a *fear of death*, united, singularly enough, to a more or less strong desire to commit suicide. The dull, stupid and corpulent, are seldom or never the subjects of these affections. Nervous patients also commonly have a disposition to go from one physician to another, and to be often changing their medicines—a most pernicious and unfortunate habit, truly.

Says Dr. BEACH, “Persons who labor under these disorders often believe themselves to be afflicted with various diseases, and sometimes that they have live animals inside of them. Every pain or unpleasant symptom is distorted by their diseased imaginations, and they are perpetually harassed with horrid forebodings of evil; with a fear that they will surely come to want; fearful and dreadful apprehensions; a constant fear of dying; very changeable and peevish; liable to quarrel with friends and relations; irritable and capricious; great depression and despondency of mind—often on the subject of religion; sometimes in deep despair. I know a person who was a year in this state, and she suffered awfully, being in *despair*, and which arose, apparently, from a congested state of the liver; free purging with our cathartic powders cured her. I have known others who have committed suicide under the influence of these diseases in some form or other. Cowper, the poet, was subject to hypochondria. It renders the subject of it the most unhappy of beings; and, notwithstanding, his friends generally, instead of manifesting sympathy, treated his case lightly, or, rather, with ridicule.”

Nervous complaints are generally attended with palpitations of the heart, fluttering and trembling of the limbs, and shortness of breath after the least exercise; the patient

is affected with joy and sometimes, grief without a cause ; flying pains in the head also attend this disorder, which are often violent but not lasting ; sleepless nights, with a wandering and violent imagination, are its proper and peculiar attendants. In the extreme degree of these disorders, the symptoms increase in violence, and each assumes the name of a distinct disease. The symptoms are brought on, and increased, by a variety of causes, among which the following are the most general : Excess of grief or pleasure ; leading a studious or *sedentary* life ; the horrid practice of a secret and destructive vice ; the immoderate use of tea, coffee, spirituous liquors, &c. ; to which may be added, long residence in hot climates.

Nervous diseases weaken the memory, and show a peculiar tendency to affect the imagination, in such a degree, at least, that the mind is more exposed to the transient impression of depraved or whimsical ideas, than in a state of health. To the same tendency may be ascribed the habit of *dreaming*, so common with persons of weak nerves.

There are many cases, in which attentive observation confirms these complaints to be connected with a morbid or unhealthy state of the stomach and bowels. Thus when a person dreams of food, or of eating, it will generally be found that those organs are loaded with crudities. In case of corporeal or bodily affection, the imagination seems to be sympathetically impressed with the respective conditions of the body. Dr. Fisk observes, that, “ the eating of raw onions at bed-time was, in the fifteenth century, prescribed by *magicians* as an infallible means for procuring pleasant dreams.” The learned and ingenious Dr. Clark was extremely attentive to the dreams of patients, in acute or recent diseases, as useful

toward effecting a cure ; and there are many reasons for believing that such attention is necessary to practical observation, in nervous disorders, where the intimate connection between mind and body is particularly evident.

Dull headaches, sleepiness and melancholy, are peculiar symptoms attendant on nervous maladies : they generally arise from want of spirit and motion in the *nervous fluid* (electricity) ; and if permitted to gather strength by long continuance or indulgence, they become very terrible.

There is a variety of nervous disease to which young and delicate females are very subject, known by the name of *hysterics* ; it is usually the result of debility, brought on by many and various causes, such as excessive venery, secret habits, intemperance, giving loose to the passions, fatigue, &c. “ The disease generally comes on in fits or paroxysms. These are sometimes preceded by dejection of spirits, anxiety of mind, shedding of tears, difficulty of breathing, sickness at the stomach, palpitations of the heart ; but more usually a pain is felt on the left side, with a sense of fullness or swelling, advancing upward till it reaches the stomach, and from thence into the throat : it occasions, by its pressure, a sensation as if a ball were lodged there. The disease having arrived at this height, the person appears to be threatened with suffocation, becomes faint, and is affected with stupor and insensibility ; while at the same time the body is turned to and fro, the limbs are variously agitated, wild and irregular actions take place in the alternate fits of laughter, crying, and screaming ; incoherent expressions are uttered, a temporary delirium prevails, and a frothy saliva is discharged from the mouth. The spasms at length abating, a quantity of wind is evacuated upward, with frequent sighing

and sobbing, and the patient recovers the exercise of reason and motion, without any recollection of what has taken place during the fit; feeling, however, a severe pain in the head, and a soreness over the whole body. In some cases there is little or no convulsive movement, and the person lies for some time seemingly in a state of deep sleep, without any sense or motion.”

The patient should not be alarmed at these necessary cautions, for while these symptoms are in the condition above described, they may be removed; and there is no danger but through neglect. Age or intemperance alone will give them strength; therefore sobriety and timely care will lay the foundation for a permanent cure. Many have recourse to ardent spirits, which however only give temporary relief, and are sure to *increase* the disease.

Nervous patients are generally dull and inactive, subject to muse without thinking, and to disregard everything; the appetite is bad, the stomach is weak, wind is troublesome, and breathing difficult; lowness of spirits, dimness of sight, vain suspicions, melancholy imagination, a disgust for everything, a love of laziness, and a drowsy inactivity, are the original and peculiar symptoms of nervous complaints in general. Everything that tends to relax or weaken the body disposes it to these disorders; as indolence, *excessive venery*, drinking too much tea (particularly *green*), coffee, or other watery liquors, *warm*; frequent bleeding, purging, vomiting, &c. Whatever injures the digestion, or prevents the formation of rich and healthy *blood*, has likewise this effect; as long fasting, excessive drinking, the use of windy, crude, or unwholesome aliments, or an unfavorable posture of the body.

A feeble condition of the nerves is generally accom-

panied with an occasional lowness of spirits ; therefore the patient ought carefully to guard against every cause of *debility*, and engage in active pursuits, to secure the constitution from the further progress of the disease. Shortness of sight appears also to be one of the earliest harbingers or forerunners of nervous affections. Nervous patients are, also, particularly subject to hardness of hearing, which is frequently attended with *tinnitus*, or fallacious perception of sound.

An opinion also prevails, that nervous diseases are at present more common among us than at any former period, and is chiefly attributed to excess of indulgences practiced in these times of refinement and luxury. It is certainly true, that the further we depart from simplicity or a state of *nature*, and temperance in what we eat and drink, and the more we sacrifice wholesome exercise to the inactivity attending domestic amusements, the greater will be the influence of every physical error, in diminishing the vigor of the constitution. The refinements of civilized life have entailed more wretchedness and misery upon God's creatures than we shall ever be able to rid ourselves of, I fear, for centuries to come ; and I see no way of ameliorating the present condition of things in the present state of our existence. The heart of man must undergo a thorough change, before we can begin to enjoy the happiness for which we were, undoubtedly, intended by good dame Nature.

Nervous affections have frequently been occasioned by the loss of a husband, a favorite child, or from some disappointment in life. They also proceed from intense application to study. Few studious persons are entirely free from them. Intense study not only preys upon the spirits, but prevents the person from taking proper exer-



cise ; by which means the digestion is impaired, the nutrition prevented, the muscular system or flesh becomes relaxed, and the whole mass of humors vitiated. Grief and disappointment produce, also, the same effects. In short, whatever weakens the body, or depresses the spirits, occasions nervous disorders—as unwholesome air, want of sleep, great fatigue, disagreeable apprehensions, anxiety, vexation, &c.

These complaints generally begin with an absurdity of the patient's behavior, inactivity, dislike to motion, anorexia, rumbling in the bowels, costiveness, oppression from wind, frequent sighing, anxiety about the breast and heart, great melancholy, internal sinking, load at the stomach, palpitations, taciturnity or pouting, wild, incoherent discourse, ridiculous notions—the mind being fixed upon one object, &c., &c. ; all of which are preceded by a variety of symptoms, as windy inflations or derangements of the stomach and intestines. The appetite and digestion are usually bad, yet sometimes there is an uncommon craving for food, and a quick digestion ; the food often turns sour upon the stomach, and the patient is troubled with vomiting of clear water, tough phlegm, or a blackish colored liquor resembling coffee-grounds. Excruciating pains are often felt about the umbilicus or “belly-button.” The body is sometimes loose, but more commonly bound, which occasions a retention of wind and great uneasiness.

As the disease increases, the patient is tormented with headache, cramps and fixed pains in various parts of the body ; the eyes are clouded, and often affected with pain and dryness : in short, the whole of the bodily functions are impaired. The mind is disturbed on the most trivial occasions, and is hurried into the most perverse commo-

tions, inquietudes, terror, dullness, anger, diffidence, &c. The sufferer is apt to entertain wild imaginations and extravagant fancies ; the memory becomes weak, and the judgment fails.

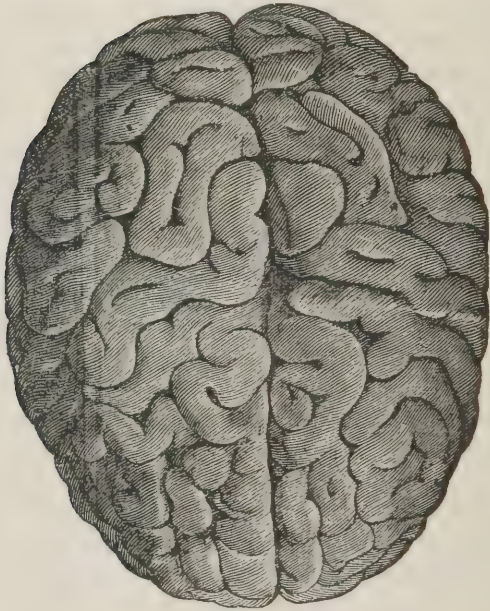
The urine is sometimes small in quantity, at other times very copious and quite clear. There is a great straitness of the breast, with difficulty of breathing ; violent *palpitations of the heart*, sudden flushes of heat in various parts of the body ; at other times a sense of cold, as if water was poured on them ; flying pains in the arms and lower limbs, back and belly, resembling those occasioned by the gravel ; the pulse very variable, sometimes uncommonly slow, at other times remarkably quick ; yawning, hiccough, *frequent sighing* and a sense of suffocation, as from a ball or lump in the throat, alternate fits of crying and convulsive laughing ; the sleep is unsound and seldom refreshing, and the patient is often troubled with *horrid dreams*.

Nervous disorders may be hereditary or acquired by a sedentary life ; intense application to study ; tedious diseases ; *profuse evacuations of blood or semen* ; or from the depressing passions—as fear, grief, anger, &c. These diseases are incident to both sexes, with only this difference, namely—that, in the female, from the natural delicacy of constitution and the gentler manner of life, they are generally more frequent and violent than in the other. Weakness of the nervous system is often—alas ! too often—occasioned by irregularities in one sex, and sensual excesses in the other.

Immoderate evacuation of semen is not only prejudicial on account of the loss of that most useful humor, but likewise by the too frequent repetition of the convulsive motion by which it is discharged ; for the highest pleasure is

followed by a universal revulsion of the natural powers, which cannot frequently take place without enervation. Besides, the more the strainers of the body are drained, the more humors they draw to them from other parts of the system, and the juices being thus conveyed to the genitals the other parts of the body are necessarily impoverished. Hence it is, that, from excessive venery, all the various symptoms of lassitude and debility ensue, and are increased by a perpetual desire for pleasure, which the *mind* contracts as well as the body, and from whence it follows that obscene dreams, frequent erections, and involuntary emissions, bring the flower of youth to a premature old age. The hypochondria is a common attendant on this horrid practice; and if those who are afflicted with it give themselves up to this vice, it brings on very alarming diseases. Tormenting uneasiness, agitations, and anxieties, are the consequences of these united causes; and it is evident that hypochondriac complaints are sometimes accompanied with delirious fits and frenzy—consequences generally attendant on this abominable practice. The brain being weakened by this twofold cause, is successively deprived of all its faculties, and the miserable victims fall into a state of imbecility, without any other than frantic intervals.

It is remarked by an ancient writer, that nervous diseases imitate all kinds of disorders so nearly, that most physicians are generally at a loss to distinguish them from other essential maladies of any part; but that one particular symptom of the former is, a *despair of ever recovering*. Therefore, as the most common symptom of hypochondria is a constant dread of death, it of course renders those unhappy persons who labor under it peevish, fickle and impatient, apt to run from one doctor to an-



THE BRAIN.

The upper part of the brain called the cerebrum, is divided by the longitudinal lines from A to B, into two hemispheres, as seen in the figure, A being the front and B the back part of it. "This dome of thought, this palace of the soul" occupies the cavity formed by the skull, and of course constitutes much of that crown of humanity—the head. Being extremely delicate, it is protected by the skull, the spherical form of which is admirably calculated to guard it against injury, break the force of contusions, and prevent fractures. Beneath this skull is a tough, hard membrane, called the *dura mater*, which envelops the brain, and dipping down lengthwise through its middle portion, partially separates it into two halves, called hemispheres. Under this is a thin lubricating film called the *arachnoid*, or spider's-web membrane, and below it again is still another fine-textured vascular membrane, which dips down into all the folds of the brain, and is perfectly full of blood-vessels and nerves, being to the brain, probably, what the skin is to the body, the *arachnoid* membrane corresponding to the *rete-mucosum* of the skin, as the *dura mater* does to the *epidermis*.

other. This is one principal reason why they so seldom reap any benefit from medicine, as they have not sufficient resolution to persist in *any* one course till it has time to produce its proper effect. Those who seriously wish to be cured must patiently *persevere* in the remedies hereafter prescribed for them; for it is of *no use* to begin taking a medicine, and give over before it is possible that its effects can be perceptible, or before it can have time to act upon the system.

Dr. Mason Good, also, justly observes that “one reason why maladies of the nervous kind are not more frequently removed is, that patients have seldom determination of character enough to continue sufficiently long in any means for relief prescribed to them. It will be necessary to inform the patient that an *effectual* cure may be obtained, but a *speedy* one is not to be expected. It is better not to be discouraged by a few ineffectual efforts to relieve the complaint; but it must be remembered, that frequently the more gradual and progressive the cure, the more *certain* and *permanent* it will prove.”

It is an indisputable fact, that when weakness of the stomach and bowels have been once introduced, many are the occasional causes of irritation from which nervous symptoms may ensue. In general, whatever by quantity or quality relaxes the solids of the body (the flesh, &c.), or by acrimony stimulates into spasms; or whatever diminishes the energy, or excites irregular motion of the animal spirits—or the vital fluid, *electricity*, tends either immediately or remotely, to the production of nervous diseases.

The virtues of the *medicines* which I have introduced in the body of this volume, for the cure of diseases, will be fully explained in the course of the work, by a number





GREAT SYMPATHETIC NERVE.



of *well-authenticated and extraordinary Cures*; and therefore it is only necessary here to say, that, in my humble opinion, better or more salubrious REMEDIES, in all cases, attended especially with DEBILITY and RELAXATION—from whatever cause arising—were never yet presented to an intelligent Public. The CURES they have performed are very *many and great*, some of which will appear in the course of the work; but want of time and space have induced me to withhold many cases, which I am otherwise at liberty to publish.

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EXPLANATION OF PLATE ON OPPOSITE PAGE.

AAAA, Semilunar ganglion and solar plexus. B, small splanchnic nerve. C, Great splanchnic nerve. DDD, Thoracic ganglia; ten or eleven in number, corresponding with the posterior part of the lateral side of the body of the dorsal vertebræ. E, Internal branches; all of them are attached upon the body of the vertebræ. F, External branches. G, Right coronary plexus; passes between the pulmonary artery and the aorta. H, Left coronary plexus; passes before the left branch of the pulmonary artery. I, Inferior cervical ganglion; placed behind the vertebral artery. J, Inferior twigs. K, External threads; very slender, and communicating with the last cervical and the last two dorsal pairs. L, Internal twigs; very minute, and distributed to the longus coli, upon the anterior part of the spine. M, Anterior threads; two or three in number, constituting the inferior cardiac nerves. N, Middle cervical ganglion. O, Interior twigs; three or four in number, all passing over the inferior cervical ganglion. P, External twigs; vary much in number. Q, Superior cervical ganglion. R, Superior branches; two in number. S, Inferior branch; rarely double. T, External branches; their number very variable. U, Submaxillary ganglion; situated upon the internal side of the submaxillary gland. V, Vidian nerve. W, Naso-palatine branch. X, Spheno-palatine ganglion. Y, Ophthalmic ganglion; situated in the orbit, and occupies the external side of the optic nerve. Z, Auditory nerve and membrane of the tympanum, containing, within its cavity, four small bones, viz.: the stapes, the incus, the malleus, and the os orbiculare.

1, Renal plexuses; furnished by threads coming from the solar and celiac plexuses, and from the last dorsal ganglion, the first lumbar, and the small splanchnic nerve. 2 2, Lumbar ganglia. 3, Internal branches; numerous; go downward and inward, to the aorta. 4, External branches. 5, Aortic plexus; formed by threads from the solar plexus.

## CHAPTER II.

### ADVICE AND TREATMENT PROPER FOR PERSONS AFFLICTED WITH NERVOUS DISORDERS, LOWNESS OF SPIRITS, ETC. ETC.

PERSONS afflicted with these complaints ought never to go long without eating ; little at a time and often is best for them. Their food should be generous and nourishing, but easy of digestion. Roast and boiled meats, such as beef and mutton, are best suited to such cases. All *excesses* should be carefully avoided. Hot meats are hurtful, and watery or windy vegetables should never be eaten by nervous persons—particularly turnips, cabbage, peas, beans, etc. Never eat more at once than can be conveniently digested with comfort ; but if one feels weak and faint between meals, they should eat a bit of bread and meat, and drink a glass of cold water with two tea-spoonsful of the *Compound Nerve Tincture* added thereto. This preparation is made as follows : Take of *Skull-cap*, 1 ounce ; *American Valerian*, 1 ounce ; *French brandy*, half a pint. Bruise the roots and put them into a junk bottle, to which add the brandy. Let it stand, well corked, for 12 or 24 hours. The above tincture is also valuable in certain forms of nervous affections. Heavy suppers are to be avoided in these complaints. Although wine in excess enfeebles the body,

and impairs the faculties of the mind ; yet, taken with moderation, strengthens the stomach, and promotes digestion.

Wine and water, with half a teaspoonful of the above *Tincture* to every glass, is very proper for nervous patients to drink at meals ; but if wine sours upon the stomach, or the person is much troubled with *wind*, water alone will answer better than wine. Everything that is windy and hard of digestion should be avoided. All weak and *warm* liquids are injurious—as tea, coffee, punch, &c. People may find, perhaps, a temporary relief in these ; but they always, in the end, increase the malady, weaken the stomach, and impede or hurt the digestion. Above all things, *drams* ought to be shunned as so much poison. Whatever immediate or present ease the patient may experience from the use of ardent spirits, they are, however, sure to aggravate the disorder, and prove a certain *poison* at last. These cautions are of the utmost importance ; most persons being fond of *tea* and ardent spirits, and to the use of which many of them fall victims.

It is, however, in these diseases that I find the greatest benefit is derived from a judicious application of the *Electro-Magnetic power* ; indeed, this is my favorite remedy, not only in this, but in *nine-tenths* of both medical and surgical diseases. This agent, as at present applied to the cure of diseases, by medical electricians generally, is more calculated to do harm rather than good ; those who employ it not having any just or correct ideas respecting the *true* principles upon which a *successful* use of this power wholly depends. I hereby invite the skeptical, who are disposed to *test* the merits of *my* application of this important therapeutical agent, either to call

on me, at my office, personally, or, if they reside too far off to do this, to address me per letter, post-paid, giving a full statement of their cases, mentioning the *age* and *temperament* (the color of the hair, eyes, complexion, &c).\*

I shall give, in the treatment of the diseases to be described in this work, all the *best* and *safest medicines* that I can conscientiously recommend, *first*; I shall then advise the use of the *Electro-Magnetic power* to be applied in all the diseases to which I think it is applicable, and in such only. So that the reader is at liberty to resort to either method of cure (both being good) he may choose to select, in preference. All who are adverse to taking medicine may be *safely, quickly* and *permanently cured*, without them, through the agency of the electrical fluid, as applied by the author.

Exercise, in nervous disorders, is equal, if not superior, to medicines. Riding on horseback is generally esteemed the best, as it gives motion to the whole body without fatiguing it. Walking, however, agrees better with others. Every one ought to use that which is found to agree best with his constitution. Long sea voyages have an excellent effect; and to those who have sufficient resolution, I would by all means recommend this course. Such things as have a tendency to divert the mind, by change of place and the sight of new objects, very materially aid in removing these complaints; and it is for this reason that a long journey or a voyage is altogether preferable to short jaunts at home. During all these courses, the following medicine should be regularly taken, as it will be found greatly to assist, in connection with the above means, in effecting a cure :

\* See Directions in the Appendix at the end of the Book.

Take Carbonate of ammonia, 1 dram.

Extract of hemlock, 1 do.

Assafetida,  $\frac{1}{2}$  ounce.

Melt the above ingredients over a gentle heat, mix together, and form into pills of the bigness of a small pea, or about two grains each. The dose of the above *invaluable* pills is one—morning, noon and night. I have seen the best effects produced by this remedy, and advise the patient never to be without them, especially when going on board ship, or a protracted journey.

A cool, *dry* air will be found serviceable, as it gives tone and strength to the whole body, and at the same time invigorates the lungs, the digestive powers, &c. I know of nothing which tends more to relax and enervate the system than heated air, especially that which is rendered so by the use of large fires in small apartments. But when the stomach or bowels are weak, the body should be well protected against cold, particularly in the winter season, by simply wearing a thin flannel waistcoat over the body linen, but not *next* to the skin, as is generally recommended. This precaution will keep up an equal temperature, and protect the digestive organs, as well as the heart and lungs, from many impressions to which they would otherwise be more or less liable on every sudden change from warm to cold weather; changes which, in a climate like ours, are not of unfrequent occurrence.

Let all who have weak nerves rise early and take exercise before breakfast, as indulging too long in sleep cannot fail to debilitate and relax the body. Such persons should be diverted, and kept as easy and cheerful as circumstances will permit; for there is nothing that impairs the nervous system, or weakens the powers of digestion more than anger, fear, grief or anxiety. The temperature of

the air is also a material consideration, and of much more importance than most people imagine. A light, dry and warm air is best adapted for weak and diseased lungs ; whereas a dry, cold or temperate air is best suited for relaxed and nervous patients.

The perpetual requirements of Nature, and the regular order of things generally, demand activity in the human species, in common with the rest of animated life ; and the construction of our bodies plainly shows us that it is not only admirably well calculated for that purpose, but also points out that exercise is even indispensably necessary, in order to preserve that due regularity in the wheels and springs of motion, as well as to fit them for the healthful performance of their respective functions. Exercise is like the main-spring to delicate machinery ; it favorably influences and promotes the digestion, prepares the blood (that irreparable balsam of life) for its varied destination, distributes it through all the channels of the circulation, expels the imperfect and offensive parts of the fluids or juices, braces the nerves, gives a firm tone to the muscles and other solids, and carries an even flow of comfort and hilarity throughout the entire body. Violent exercise, however, is injurious after a full meal ; and in the morning when the stomach is quite empty—too much exercise is very pernicious.

Active and oft-repeated exercise relieves the head, lessens rheumatic pains, keeps the bowels regular, is favorable to all the descending evacuations, and has likewise a tendency to prevent the gout ; it contributes largely to the general health, and by increasing the circulation of the blood, and other humors in the legs and feet (since the lower limbs are the original seat of the gout), it may, perhaps, hinder the formation and assimilation of those



unhealthy particles which are found to exist, in a concentrated and concreted state, in a fixed and settled gout. Riding on horseback is an excellent sort of exercise, and essentially beneficial in obstructed and nervous habits, and in all disorders of the lungs; but when the nerves or bowels are much debilitated, the best substitute then is riding in an open carriage.

Another valuable kind of exercise consists in *moderate* dancing in the open air occasionally; to the powers of music and elevated festivity, it unites the charms of refined sociability and attraction, and inspires an animation which moves the system in a more pleasing and effectual manner, and with oftentimes far happier effects, than the other common exercises can boast.

There are two prevailing errors in regard to exercise, which Doctor Fothergill alludes to in his "Medical Essays." He says, "People of debilitated, delicate, and nervous habits, who should always avoid too much exercise at one time, often hurt themselves by over-exertion, because they judge it advisable to 'take *plenty* of exercise.' There are others, again, who being confined within doors, and leading a sedentary life, think to compensate for the want of regular exercise, by a hard ride or walk on Sunday: but this is a mistaken notion; the nerves of such people, unaccustomed to bear so great a degree of agitation, are over-strained and relaxed or weakened by it, while the circulation of their fluids—which is generally very slow and languid—is thrown into disorder from the same cause, and thus a foundation is laid for those very complaints it was meant to prevent."

There is hardly anything more common than to hear people express their surprise at having got a cold, because they are at a loss to account for the cause of it. They

are not ignorant of the fact that damp air, wet clothes, the drinking of cold water when the body is over-heated, or too warm liquors while it is cold, and the like, are the chief causes ; but do not consider that *all* sudden changes or transitions from one temperature and one extreme to another, are equally conducive to the same effect though the circumstances of it may not be so apparent to them. I here wish to impress it upon the minds of my readers, that there is no one thing which I can recommend more strongly to them, than the wearing of soft flannel *over* the shirt, while laboring under any affection of the chest or weakness of the bowels. And in all rheumatic, scrofulous, dropsical, hypochondriac, and melancholy complaints, this well-timed caution equally applies.

With respect to *sleep*, too much of it weakens the nerves, renders the person cross and irritable, and it may, in the end, bring on apoplexy and palsy ; it likewise produces a lethargic and indolent disposition, disqualifies for action, and blunts the energy both of the intellectual and corporeal faculties. On the other hand, nothing can be more hurtful than the loss of sleep and want of due rest ; watching, by exciting an artificial fever, and by stimulating the nervous system—when its powers are already exhausted—effectually wastes the strength, debilitates the body, and lays it open to every attack, especially to nervous and violent brain fevers.

The quantity of sleep must be proportioned rather to the strength of body, than to the degree of exercise or labor. For instance, in lax and weakly constitutions, the natural motion and wear and tear of the system exhaust and dissipate the vital strength much sooner than in those persons who are hardy and robust ; consequently the former require more sleep to repair the waste and consumption,

than what is necessary for the latter ; besides, in those who have much exercise or labor, the powers of circulation being more complete, and sleep more mature, the business of nature is sooner performed.

I now recollect the case of a gentleman, a patient of mine, who informed me that he seldom slept more than four hours, on an average, out of the twenty-four ; although he was generally in the enjoyment of excellent health, and went through a vast amount of mental and bodily labor daily ; which he was obliged to do on account of the nature of his occupation, which is that of an engineer : this gentleman is about forty-three years of age, and possesses a very robust and healthy appearance—the nature of the complaint for which I treated him had but little influence over his general health, being of an external or local character. The learned Humboldt, a German philosopher and profound writer, who goes through an almost incredible amount of mental labor every day, is another example of this description ; and who now, at the age of nearly eighty, seldom sleeps more than three or four hours in the twenty-four ; nor has he for more than forty years averaged, I am told, more than four hours, at the most : many of his finest and most learned literary productions were written between the hour of midnight and two o'clock in the morning ; and yet this octogenarian is said to enjoy excellent health. And, on the other hand, I have known persons who required from eight to nine hours sleep every night, or they were good for nothing the next day. I have at present one or two patients of this description ; but, I believe, as a general rule, such persons do not enjoy sound health ; and am of the opinion, that from five to six hours sleep, for an adult,

is sufficient, and that a longer indulgence, except in case of sickness, is followed in the end, by evil results.

Heavy suppers, much reading, study, or other considerable agitation or application of the mind near the hour of going to bed, tend to prevent sound sleep, and to occasion dreams ; the drinking of tea, coffee, or any other thin, weak liquor, will also retard sleep. Therefore, let these pernicious practices be abandoned by the nervous invalid, ere his health be so far lost as to be beyond the reach of medical aid, which latter he should not hesitate, if he have not indeed already done so, to call immediately to his succor.

An appetite for food or nourishment, I need hardly state, is almost an infallible sign of health ; for when the stomach is in a sound state, and digestion is properly performed, the spirits are good, and the body is light and easy : but, when that important organ is out of order, a sense of languor and debility, with melancholy, watchfulness or troublesome dreams, the nightmare, &c., are the consequences.

A perfect digestion is at the same time regular and easy, otherwise it is a false appetite, originating either from some unnatural stimulus, or from too luxurious a style of living : consequently the stomach craves more than is necessary or proper. Simplicity of diet has numerous advocates among the reflecting class of physicians ; and there can be no doubt that the more varieties the stomach becomes accustomed to, the more dainties, and perhaps increased quantities of food are needful. Our manner of living should therefore be regulated from the earliest period of childhood ; the children of poor parents, who are likely to fare hard, should, from the first, be accustomed to plain and substantial nourishment, and seldom allowed many *rarities* ; they should begin to take

whatever is offered to them, to prevent their stomachs from being too nice; but, at the same time, nothing to which they appear to have a fixed and, as it were, instinctive dislike, should ever be forced upon them: it is as dangerous as it is unnatural.

A milk and vegetable diet has been found, in several instances, to reanimate the constitution wonderfully, remove sterility, and to eradicate some of the most inveterate chronic complaints; but for persons of a weak and poor habit of body, animal food is more proper, as it is easier to digest, and contains a greater quantity of nutriment in a given bulk, than either vegetable or farinaceous substances.

The learned Haller, in his Physiological lectures, makes the following judicious remarks: "Never use milk, soups, beer, or other liquors, made hot, for this is unnatural to man, as well as to all other animals; and by relaxing the nerves of the stomach, heart, midriff, and other neighboring parts, is productive of numerous diseases in those who have them already weak: much less scalding *tea*, which many drink hot enough to blister the skin of a delicate person." And I might add, hot drinks spoil the teeth, bring on the toothache, weaken the head and eyes, ruin the stomach, and commit abundance of other mischief.

As few are aware of the benefits to be derived from the almost exclusive use of water, as a beverage, I will here make a few observations on the subject.

Water, then, as being a vehicle particularly connected with all the departments of nourishment, deserves particular attention. Pure, cold water acts as a tonic or strengthening remedy, internally, in the stomach, as well as outwardly: it passes off gently through the different excretions, as the perspiration, the urine, fæces, &c.; it



dilutes the saline, and corrects the bilious part of the blood. Bad water, on the contrary, is very prejudicial to health, which depends upon the manner and degree it happens to be impregnated with deleterious matter. Snow water, and water that freezes most rapidly into ice, are found to be of the purest in quality. The next in purity is soft or rain water, which falls in moderate weather; and then river water, which runs with a lively current. Spring water, in passing through the different strata or formations of the earth, frequently becomes charged with mineral and other ingredients, on which account it becomes rather objectionable, especially for residents of New York City, in front of whose houses the pure and healthy *Croton* is always to be had without money or price by those who cannot afford to pay for it. Nevertheless, spring water is commonly and very properly used, elsewhere, in a pure state, than any of the other forms generally are. The purest water is that which is the lightest and most limpid; that which is tasteless, colorless, and without odor or smell; that which easily forms a rich, thick lather or suds; and that which does not effervesce or bubble up, nor form a sediment when acetic acid, vinegar or spirits of hartshorn are poured into it. The most certain method of purifying water is by filtering it, the most easy, by boiling. The influence of fire destroys the animalculæ or minute animals which are said to exist in the natural state, and by putting it in violent motion it affords an opportunity for the carbonic acid gas or *fixed air* with which water is charged, to evaporate, and by the same means the combination is decomposed, so that the earthy and impure ingredients sink to the bottom. Filtration, the mixture of chalk and sand, exposure to the



open air, and allowing it due time to settle, are all good plans for the purification of water.

It has been generally believed that nervous complaints are rarely permanently cured; but that their symptoms may be occasionally ameliorated or soothed, and the sufferer's existence made more comfortable and endurable by means of proper medicines, &c., I believe is universally admitted. Now, I will venture to affirm, that if my advice be honestly adhered to, by pursuing the foregoing and following mode of treatment, there will be no doubt of a thorough and speedy cure being obtained.

To begin with, I recommend an emetic of the following description to be taken :

Take of Ipecacuanha, in powder, 2 parts.

Lobelia, " " 2 parts.

Bloodroot, " " 1 part. Mix.

Dose, an even teaspoonful every half-hour, or until it vomits; it is better to take it in some kind of tea, such as catnip, &c., drank warm. The stomach, from being in a very bad or diseased condition, may reject the first or second portion; if so continue to take it until it operates kindly. "This emetic is, perhaps, not excelled by any other for efficacy of action. It is administered in all those cases where an emetic is indicated; and from its extensive effects upon the system, is very efficacious in breaking up chronic or long-standing complaints, and exciting a healthy influence in the body. It is also useful in fevers, and other diseases, such as chronic affections of the liver, stomach and bowels." (Beach.) Half a teaspoonful of *ipecac.*, in powder, and stirred up with molasses, also makes a very good emetic, and in the case of delicate females, it is, in some instances, preferable to any other. Plenty of herb tea should be taken with an

emetic, as it facilitates vomiting. When the patient is costive or bound, I find the following purgative, in my hands, to be very effectual.

Take of best Socotrine Aloes, 4 parts.

Dry Castile soap, fine,  $\frac{1}{2}$  part.

Gamboge, in powder, 1 part.

Colocynth, 1 part.

Extract of Gentian, 1 part.

Jalap, 1 part.

Capsicum, 2 parts.

Oil of peppermint,  $\frac{1}{2}$  dram.

Mix well together, and form into pills, the size of a pea. Dose—from 3 to 5. This makes an excellent pill, and may be used for all ordinary complaints; it purges without griping the patient or causing debility; neither does it leave the bowels costive, as most cathartics do. Mild purgatives are always to be preferred in place of the more violent kinds; and I would further recommend all nervous persons never to suffer the body to remain long in a costive state. If two or three of the above pills are taken once a week or oftener, the difficulty may easily be avoided. An infusion of senna and rhubarb in brandy, answers very well as a mild aperient, and is by many persons preferred to the pill, to which, however, I give the preference. In *very* weak females the infusion is good; it may be made of any strength, and taken in such quantity as the patient finds necessary.

When the digestion is bad, or the stomach relaxed and debilitated, the following preparation is very valuable, and I resort to it with the greatest advantage in my patients afflicted with these disorders:

Take of Mixture of liquid Carbonate of

Ammonia,  $\frac{1}{2}$  dram.

Distilled Mint Water,  $1\frac{1}{2}$  ounces.

Compound Tincture of

Lavender,  $\frac{1}{2}$  ounce. Mix.

Dose—Half a wine-glassful morning, noon and night. It will be found excellent in all instances of fainting, hysterics, weakness or inward sinking, and in nervous cases generally. No female should be without this mixture: and it is equally good for males. Those who prefer, may take the above in a little pure water. In all cases where medicine is to be taken through the day, it is better to administer it either an hour before or an hour after meals; as medicines always operate better on an empty stomach, or after the “*fever of digestion*” has ceased.

To such patients as are much troubled with flatulency or *wind*, the greatest benefit may certainly be derived from 15, 20, or 30 drops of the Elixir of Vitriol in half a wine-glassful of water. This will not only expel the wind, but it will strengthen the stomach, and greatly facilitate and promote digestion. The *Compound Spirits of Lavender*, is also an excellent remedy for flatulence, hysterics, debility, pain and straitness in the breast, &c. The following is our reformed method of preparing it, and it will be found an invaluable medicine in all the varieties of Nervous maladies, especially in the cases of delicate females:

Take of the Flowers of Lavender, 1 dram.

Nutmeg, powdered, 1 “

Mace, “ 1 “

Cloves, “ 1 “

Cinnamon, “ 1 “

Mix, and add one pint of spirits; stop it up tight in a bottle, and let it stand 24 hours. Dose—a teaspoonful or

two five or six times a day, in a little water or any kind of herb tea. This compound makes a very pleasant, aromatic preparation.—(*Beach.*)

I might enumerate many other medicines for the relief of nervous affections; but, generally speaking, I have found the ones already mentioned to answer the purpose in most instances; much, however, depends upon the constitution of the patient, his or her different states of the body at different times, upon the regularity observed in taking the remedies, and also upon the *purity* of the medicines employed; together with the manner in which they are prepared, whether accurately or otherwise, &c. It should be borne in mind that the action of medicaments is much influenced by air, exercise, diet and regimen, regular habits or the reverse, temperance, and the like.

I shall conclude my remarks on medication by giving the formula for the following *Female Strengthening Pill*, as being one of extraordinary value in extreme nervous debility occurring in either sex. The art of preparing this one medicine is alone worth many times the cost of the book:—

Take Sulphate of Iron,  $\frac{1}{2}$  ounce.

Sub-Carbonate of Potasse,  $\frac{1}{2}$  “

Pulverize separately each of the above ingredients, and add sufficient mucilage of gum Arabic to form a pillular mass; make into 48 pills of equal size. Dose—one pill morning, noon, and night, increasing one pill per day until the whole have been taken; and if necessary, repeat the same course.

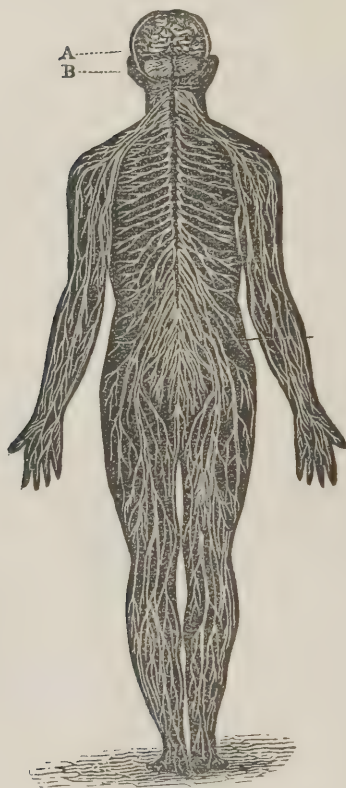
Let all who hope for a thorough *cure*, only expect it from a steady perseverance in the means which I have taken so much pains herein to lay down. Attention to regi-

men, diet, air, exercise, and amusement, are also of much importance, observing, however, *temperance* in all things ; to all such, I can promise a perfect cure, under Providence. There is one other remark I would mention before closing the present chapter ; which is, that in every case of much importance, or in serious complaints such as phthisis, cancer, scrofula, and the like, it will be proper for the patient to consult some judicious physician, who is naturally supposed to be better acquainted with disease on account of his *experience* in such matters, than those who are comparatively strangers to the nature, causes, and appearances of maladies in general.

It would doubtless be gratifying to patients, to peruse accounts of some of the remarkable *cases* and *cures*, which have been performed by the foregoing truly invaluable means, and which I have just pointed out for the reader's benefit. I have therefore concluded to select a few such cases, among many, as have come within my own immediate knowledge, and insert them herein, in order to enable all persons to judge of the superior efficacy of the Reformed or Vegetable Practice of medicine, compared to the other systems ; and to show that no patient, dangerous though his situation may be, should despair, but seek at once for advice and medicines ; even though he should be debarred from every hope of relief.

#### CASE A.

Miss L. C., aged 19, of a lively temperament, consulted me for a violent pain in the head, difficulty of breathing, with a sense of swelling and tightness about the breasts and region of the stomach, and which had continued more or less steadily, for nearly a year. On examination of this young lady's case, I found she had a



#### EXTERNAL NERVES.

A back view of the spinal nerves connected with the organs and limbs, and with the brain through the spinal cord.

Also, a view of a perpendicular section of the back part of the brain.

A. Cerebrum.

B, Cerebellum.



poor appetite, furred tongue, with an unpleasant, insipid or coppery taste in her mouth, which was strongest in the morning; an unusual sense of either heat or cold in different parts of the body, and sometimes alternately succeeding each other; she was also, I found, subject to great despondency at times—a thing quite uncommon for one of her naturally gay disposition; she had been moreover tormented with wind in the stomach and bowels, with sour belchings, nausea, and frequent vomiting of a black, or dark-green or brown fetid matter; a sudden and copious discharge of pale, limpid urine during the night; with a quick, full pulse, restless and unsatisfactory sleep, or an excess of it at times to that degree as to render her stupid and “heavy in the head,” as she declared to me; with violent palpitations of the heart, etc. I also ascertained that the evacuations from the bowels were sometimes black, at others, clay-colored.

Gleaning this information from these and some other circumstances unnecessary to mention here, I came to the conclusion that my patient's case was one of general nervous derangement, complicated with an imperfect secretion of *bile*, and which had further brought on more or less disorder of the stomach, and other chylopoetic viscera. My first object was, then, to restore the tone of the *nervous system*, the original cause of her present distress, which I succeeded in accomplishing with the remedies mentioned in the second chapter. I next directed my attention to the digestive organs, and prescribed such medicines as I thought best adapted to her temperament, &c., for the purpose of inducing a healthy action in the digestive organs. Under this and other happy influences, the patient soon began to mend, and by the continuance of mild aperients occasionally, with plain and simple diet,

and plenty of air and exercise, she rapidly recovered her usual good health and spirits.

A brief review of the above case, clearly demonstrates to my mind, the *unity* of action which naturally exists between the various secretions of the animal economy; and that a derangement in any one of them produces a corresponding change in the others. The furred appearance of the tongue, the impaired appetite, and the appearance of the motions and bilious vomiting, were convincing proofs that diseased action existed in the alimentary canal. The despondency of mind, and profuse discharges of pale urine, further evinced that the nervous system was extensively disordered and laboring under much agitation; that the secretory vessels of the kidneys were thrown into inordinate and irregular action, causing a check of perspiration, &c.

The medicines employed in this case, by gradually overcoming the glandular obstruction from the *prima via*, and encouraging a due and healthy performance of their various functions, prevented the sympathy and morbid sensibility from extending to other parts as yet intact, or nearly so; and consequently, under Providence, a cure was effected.

#### CASE B.

Mrs. G. G. E., the wife of a respectable citizen of this State, applied to me for relief in a distressing Nervous affection, which she had labored under for several years. She informed me that for nearly eight years she had been afflicted with a nervous complaint, accompanied by low spirits, bordering at times on partial insanity; together with very violent pains in her head, back, and breasts. She had tried numerous medicines, and had different

medical advisers, which proved, however, of no avail—her symptoms rather increasing, she believed, under their influence. I told this lady if she felt that she could persevere in a plan of treatment which I might propose, I thought I might promise her a radical, if not a *speedy* cure. She replied, after a few minutes hesitation, that she could. Suffice it to say that I prescribed for her, and in a few months had the satisfaction of restoring her to health, society, and her friends. And this was (I mention it for the reader's gratification), an extremely bad case, owing to the chronic state of the complaint, and some other circumstances connected with the case.

#### CASE C.

The following interesting case should be attentively perused by the nervous invalid, as illustrating the possibility of a cure being performed, even under the most discouraging circumstances, and when *hope*—that sheet-anchor of the soul—had become nearly paralyzed.

Mrs. P., aged 21 years, sent for me to attend her under the following circumstances, her case being one of serious Nervous disorder, of a most aggravated description.

January 1, 1849, I called on my patient, residing in ——— Place, in this city. I found her with a nervous system, from some strong cause or other, almost completely shattered and destroyed, with inflammation of the lungs, painful and excessive coughing, pains in the head, stomach and limbs; with frequent cramps, much debility, &c. I was informed that she had had the best medical advice that could be procured, but to no other purpose, apparently, than to reduce her down almost to death's door, by reason of the erroneous practice of *blood-letting*, oft repeated. She had been now more than a

year in the unhappy state in which I found her. By the advice of the physician she had made the voyage to Europe, with the hope that by a change of scene, air, and climate, she might be in some measure restored ; but the undertaking was too much for her, and after an absence of a few months, she and her husband returned in the steamer to Boston : she had returned home, she said, *to die*. For the last three months she had not been able to lie down in bed, for fear of either great and excruciating pain, or impending suffocation, and during this period, she had to be supported in the arm-chair, propped up with pillows, and in which situation I found her.

I lost no time in commencing a course of treatment adapted to the circumstances, and directed my remedies immediately to the removal of the pulmonary complaint. The distressing cough, pain, and difficulty of breathing were soon subdued in intensity, and subsequently allayed. Measures were next taken to restore the vital energies to the stomach and other viscera ; to act upon the blood by changing its morbid condition ; and finally to restore the tone and vigor of the nerves. By patience, and the use of different medicines according to contingencies, and as occasion required, I at length, in a reasonably short time, discharged my patient *perfectly* cured—a result which few would have thought possible, and hardly any one have dared to predict.

#### CASE D.

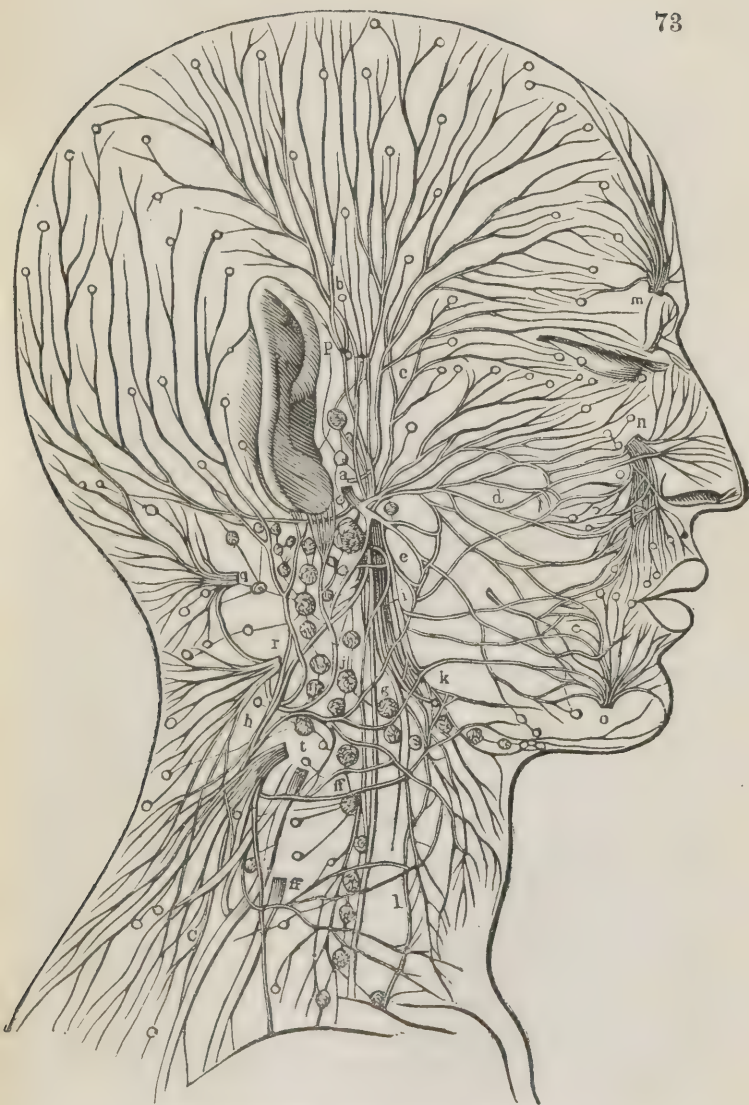
Mr. H. B. K., a wealthy merchant of this city, had been for some time subject to many of the distressing and unmistakable symptoms of Hypochondriasis—such as severe headaches, great anxiety of mind, trembling and palpitations of the heart on the least exertion, disordered

digestion, weeping, &c. He had in vain tried many of the nostrums of the day, the result of which was, as is commonly the case under such circumstances, to send him to some respectable physician for relief, and in this condition he called on me in a truly pitiable state. Poor fellow ! he had unfortunately made constant use of the various empirical *remedies*, which are daily offered to the public as infallible cure-alls, and innocent in their composition (as being “vegetable” medicines), although they contain drugs of the most pernicious quality, and so far from being antidotes, become powerful instruments to aid the rapid progress to destruction of the very disease which they are “warranted” to cure. By these death-dealing poisons, yeilded *medicines*, his symptoms were not only greatly aggravated, but others of a still more alarming and painful nature were induced ; and in addition to the above symptoms, the liver was considerably enlarged, of an almost stony hardness, and painful to the touch ; the stomach was also rendered very irritable, so much so, in fact, as to reject almost everything that was taken into it.

In this case I followed a course of treatment which the circumstances seemed to indicate, being governed, as I always am, by the peculiarity of the patient’s temperament, his habits of life, the severity or mildness of the symptoms, &c. Means were first taken to restore, to a certain degree, tone to the nervous system, which I accomplished by the administration of remedies laid down in the preceding pages, and principally by the *Nervous tincture* which was prescribed in doses to correspond with the circumstances just alluded to. Attention was then paid to the digestive organs, which were relieved by the judicious employment of mild *emetics* and *bitters*, together

with alteratives, for the purpose of altering the vitiated quality and restoring the healthy action of the various secretions ; which, when the body is at all deranged, are sure to be affected in a corresponding degree. As soon as these matters had been attended to, and the medicines had performed their part, so as to enable the stomach to retain light food, I effected a complete and speedy cure by the following means : To abstain from the use of tea and coffee, and other debilitating and injurious liquids, whose tendency is to enervate the stomach ; a plain and simple diet, and plenty of air and exercise were insisted upon ; by which his mental perturbation was allayed, his appetite improved rapidly, the tongue became clean, and the bowels regular ; and the secretions assumed their healthy appearance, and by ordinary attention I had the pleasure of adding another to my list of patients *cured*.





NERVES OF THE HEAD, FACE, AND NECK.

## CHAPTER III.

### PHTHISIS PULMONALIS, OR CONSUMPTION OF THE LUNGS.

THIS disease generally arises from tubercles formed in the lungs, which suppurating, produce an expectoration of purulent matter (attended more or less with spitting of blood), and the formation of hectic fever. This fever appears as a remittent, with attacks twice in the day, which after some continuance are followed with night sweats. To these succeed high-colored urine, depositing a copious red sediment, debility, emaciation, falling of the hair, cough, quick small pulse, lassitude, pain and uneasiness under the breastbone, or in one side, difficulty of breathing and œdematous swelling of the feet. At the commencement the belly is bound, but in the latter stages a watery diarrhea comes on and alternates with sweatings. Extreme weakness, faintings, difficulty of swallowing, coldness of the limbs and delirium are the immediate forerunners of death.

We shall now take a very cursory survey of this singularly melancholy species of pulmonic disease, denominated *phthisis*, or pulmonary consumption. It is certain, that notwithstanding the extensive prevalence of genuine phthisis, yet a great many diseases, accompanied by wast-

ing of the body, hectic fever, and cough, have been classed with pulmonary consumption, both by the medical attendants and friends; hence, a number of pretended cures have been performed, and nostrums have been extolled, when the complaint was only long protracted catarrh, or abscess in the lungs from inflammation, where no scrofulous taint lurked in the constitution. Says a writer, "There is no disease more alarming or of graver import to the people of this country than that which is emphatically called *consumption*. Unfortunately it is thought to be on the increase, and nearly quite as fatal as in former years."

This disease depends upon an ulcer in the lungs; and which, if it be not arrested and healed at an early period, the whole body is gradually emaciated and consumed by the excessive expectorations, coughing, night-sweats, &c.

CAUSES—These are many and various, among the most common of which I would enumerate the following, viz.: Cold, or what is generally termed a check of perspiration; destructive effects of a *secret vice* almost universally practiced among youths of both sexes; excessive indulgence in the pleasures of Venus, or the inordinate practice of sensual propensities; nervous, bilious, asthmatic, and dropsical complaints; leading a too studious or sedentary life; heat of climate and vicissitudes in the atmosphere; the common use of mercurials, of tea, coffee, and other debilitating drinks; excessive dram-drinking. Consumption may also be owing to cold caught by lying in damp beds, or inhabiting damp houses; the chlorosis or "*green sickness*;" excess of grief or pleasure; debility of the muscular and *nervous* energy; torpidity in the circulation of the blood; an acrid or diseased state of this fluid; neglect of customary exercises; long neck;

straight breast—flat and narrow ; depressed or flattened shoulders ; ulcerations of the liver, spleen, pancreas, kidneys, peritoneum, womb, &c. ; a translation or changing of humors from another part of the body to the lungs : and in fact anything that occasions stagnation of blood in these organs, until it becomes converted into a thick, yellowish, or purulent matter. But, the grand origin or cause of consumption is unquestionably owing to a *scrofulous* taint in the constitution ; and which is derived—in ninety-nine cases out of every hundred—hereditarily, or from parents to their offspring.

**SYMPTOMS.**—Although these are various, according to the different stages of the disease, I shall mention those which I have found the most constant and regular in their appearance, and which I believe correspond to the great majority of cases, as they occur in this climate. Hoarseness, or a dry, hacking cough, with little or no expectoration in the commencement ; spitting of a thin mucus, streaked with blood ; a sense of oppression, and pains in the chest, slight fever, generally increased somewhat toward evening ; a too great and peculiar heat of the body, irregular wandering pains, familiarly known as “flying stitches ;” hectic flushing, or an alternate heat and cold felt over the surface of the body, particularly in the face, the palms of the hands and the soles of the feet ; pain in the stomach or breast, and side—generally in the right, or it may be in the left, or in both ; the sufferer generally lies with most ease on the *diseased* side. Lanne truthfully observes, that “A long-continued, *dry* cough, accompanied by a disposition to vomit after eating, is one of the greatest reasons to suspect an approaching consumption.”

Consumptive persons will generally be found to com-

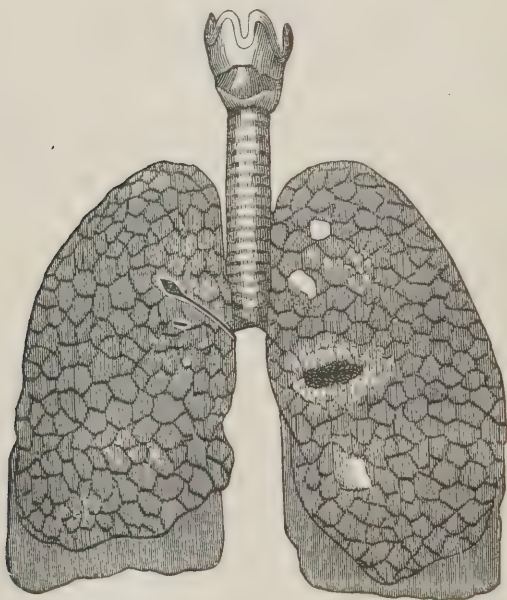
plain of a more than usual degree of *heat* ; pains, and a feeling of *tightness* across the breast ; more or less difficulty of breathing—especially after exercise ; the spittle has a *saltish* taste, and is generally, though not always, mixed with blood. The patient is apt to be sad ; the appetite bad, and the thirst great. There is commonly either a quick, soft pulse, or a slow and *hard* pulsation at the wrist ; and occasionally it is full and bounding. These are the common symptoms of a beginning or incipient phthisis.

Afterward, in the *second* stage of the disease, the patient begins to spit a yellow-greenish, or bloody matter, erroneously called *pus*, and which results from the softening down of the tubercular substance with which the lungs are, to a certain extent, filled, and which constitutes *true* consumption as distinguished from the false variety, dependent on simple inflammation of these organs. The body now becomes considerably emaciated and weakened by the hectic fever and colliquative “night sweats,” which regularly succeed each other night and morning. A looseness of the bowels, or diarrhea, together with an excessive discharge of urine, are often harassing symptoms at this time, and greatly reduce the patient’s strength. There is a burning heat in the palms of the hands, attended with more or less itching and tingling in them, and the face generally becomes red or flushed after eating ; the fingers become remarkably small, but clubbed or broad at the ends, the nails bend inward, and the hair falls from the scalp.

At last, “the swelling of the legs and feet, the total loss of strength, the sinking of the eyes, the difficulty of swallowing, and the coldness of the extremities, show the

approach of death, which, however, the patient seldom thinks near.”

Such, reader, is the usual progress of this fatal malady, which, if not early attended to and efficiently checked, commonly sets all medicine at defiance, and hurries its victims to a premature grave.



TRUE CONSUMPTION. DISEASED LUNGS.



## CHAPTER IV.

### THE REFORMED METHOD OF CURE IN CONSUMPTIVE COMPLAINTS.

I COMMENCE my treatment of these distressing affections, by prescribing the use of roasted meats, particularly *beef* and *mutton*, and of good old generous wine in moderate quantity—and old Madeira is as good as any I know of;—with friction over the whole body, but particularly the chest; exercise, and a comfortable degree of warmth to the surface. On account of the chemical composition of the tubercles, I am in the habit of giving to this class of patients some of the preparations of *iron*; recommending them, at the same time, to make free use of *salt* with their food. These means I have found to agree in all the stages of this disease; but great care must be observed not to increase the local irritation by the too free use of stimulants. With these, and some other means which will be presently mentioned, I have met with very great success; and am persuaded that, if they are judiciously administered, they may be as successful in the hands of other persons, whether medical or non-medical. It were almost an act of supererogation to warn the public against the injurious effects of remedial agents when improperly applied, in any disease, but particularly in consumption; and to caution all, that unless *judgment* be the guide of

our actions, and EXPERIENCE our monitor, we shall be very liable to do mischief instead of good—both to ourselves and friends—from thus blindly groping in the dark : with these two landmarks, however, no one need go astray, but may administer as successfully to the sick as the best physician in existence.

Exercise, properly regulated and persevered in, is of paramount importance, and is to be faithfully observed in consumptive as well as in *nervous cases*, to which the reader is referred. New milk, if it agrees, should be taken for breakfast and supper ; if it purges it should be boiled. Woman's milk is by some recommended.\* Cow's milk is not to be preferred to asses', but when this is not to be had, it answers very well. Goats' milk is not rich enough in nourishment, and fatal effects have even been observed to result from the use of it ; Dr. Mondon, of Paris, relates a case of this kind. Meat broths are good for consumptives, and may be taken as strong as the stomach will bear, particularly pork ; jellies prepared from any healthy animal substance—such as calves-feet, for instance, may be frequently taken ; and the patient should ride on horseback, if possible, every morning ; and if too weak to sit alone, he should be supported by one that rides behind, “ for,” says Sydenham, “ riding on the back of a horse or mule, in the morning, but not to produce *fatigue*, is absolutely necessary ; although walking, if preferred, is certainly an excellent substitute : so much

\* Dr. Burroughs, an Indian physician, relates a case of a man reduced to such a degree of weakness and emaciation, from consumption, as not to be able to turn himself in bed. His child happening to die, he sucked his wife's breasts, not with a view of reaping advantage from the milk, but to give her relief. Finding himself, however, greatly benefited by it, he continued to suck her till he became perfectly well, and is at present a strong and healthy man !

so, indeed, that I order either the one or the other to patients troubled with the consumption." Boerhaave is of opinion, that buttermilk is better than any other kind of drink, as such, for consumptive persons, and informs us that he has known very extraordinary cures performed by buttermilk, and that too when the case was looked upon as desperate: in this opinion Dr. Barrington fully coincides. I am also perfectly convinced it has a very good effect, particularly if a teaspoonful or two of the best old Cogniac brandy, and ten drops of the following *preparation* be mixed with each draught, namely:—

Take of dried Chloride of Iron, one drachm,

Alcohol at 22°, four drachms,

Pour the first ingredient into a bottle with a ground glass stopper, add the alcohol and stop tight; put it, after shaking, in a *dark*, cool place, for use. If carelessly stopped, the atmospheric air will decompose this liquid and impair its virtues. This will prevent any griping pains in the bowels, which buttermilk is apt, otherwise, to occasion, as well as wonderfully to improve the strength and brace the solids; imparting firmness to the muscles or flesh in an extraordinary and happy degree.

For the consumptive invalid, a dry, warm, clear air is necessary; and for the common drink, flax-seed or bran tea, cold, is the best when pure water cannot be obtained, which, of all beverages, is the most beneficial to health and longevity. For a change, gruel made from sago, saloup, or chocolate may be resorted to; and tea prepared from tus-seligo or coltsfoot flowers, sweetened with honey, I can with confidence recommend,—having used them in my own practice with decided advantage. Shell fish of all sorts, such as lobsters, crabs, muscles, &c., as well as wild fowls and other brown meats, are good, and very proper for consump-

tive persons. *Pure* port wine, if it can be obtained, is a fit drink at dinner in these cases, or where there is much debility. The confection of *red* roses, in the quantity of three or four ounces per diem, has been administered with singular advantage in these complaints.

Orange juice sweetened with a little honey, and rose water or liquor calcis, with 15 drops of the tincture mentioned on the preceding page, and two teaspoonsful of best brandy added thereto, has a particularly good effect in this disease, when buttermilk cannot be had, or a change is desired.

The salts of Peruvian bark are frequently administered with very great advantage when an abscess has formed in the lungs, and which may be distinguished by the expectoration of gross, fetid, bloody or purulent-like matter, oppression at the chest, and hectic symptoms. Many physicians prefer the salts of bark, and particularly *quinine* to the bark itself, on account of the smallness of bulk, and the somewhat greater facility in administering it; but I prefer to give it in substance, being well satisfied that it is more efficacious than the salt, which I believe is chemically altered for the worse, in the process necessary for preparing it. An ounce of the powdered bark may be divided into 16 equal parts, and one taken every four hours in a little rose or lime water, sweetened with syrup of roses. Having recommended *lime water* frequently in these pages, I will here give the formula for preparing the liquid in the simplest and most economical way:—

Take of quick lime, half a pound, put it into a pan and pour thereon four quarts of boiling water; when it has stood 12 hours, pour off the clear liquor, and cork it up in bottles for use.

The following preparation I have had great success with

in curing consumption, even when the patient had been given up, and there appeared to be but very little chance of her ever being again restored to health. I now recollect the case of a lady who was sent to me after having been given up by her physicians as incurable, and who was reduced almost to a skeleton when I saw her; indeed it seemed as if there was no help for her whatever: yet by patience, and due perseverance in the use of this invaluable medicine, she perfectly recovered her health!

I prepare the mixture in the following manner:—

Take Vinegar of Squills, one ounce,  
Lime Water, half a pint,  
Honey,  
Honey of Roses, of each, a quarter of a pound,  
The Juice of two Lemons,  
Old Cogniac, eight ounces.

Put the whole over a gentle fire in a sauce-pan, and let it boil four minutes; take off the scum and strain it through a fine cloth.

Of this mixture let a tablespoonful or two, more or less, be taken five or six times a day: if it causes any sickness, which is very seldom the case, let the dose be temporarily diminished, or left off for a day or so, and then recommence with it in a lesser dose than at first, as one, two, or three teaspoonsful at a time, gradually increasing the dose as the constitution of the patient will admit.

The above remedy has been administered some hundreds of times, and I am fully persuaded that if it is properly managed, there is hardly a stage of this malady in which it will fail of being efficacious; nor has it ever *once* deceived me. The medicine ought to be given in such doses as to produce a trifling nausea, or sickness at the stomach, which will soon pass off; but it is never intended to vomit.

There is no desirable effect that may not be expected from this admirable preparation. For the *night sweats*, I have found the *nitrous acid* remarkably efficacious in many instances. The combination in which I generally use it is the following :

Mix a drachm of the strongest acid with four ounces of water, and then add half a pint of the best French brandy. One tablespoonful, three times a day, morning, noon, and at bed-time, is the proper quantity to be taken until the object in view is accomplished.

The following CASES are given by way of illustrating more fully the course of treatment pursued in my practice, with a success unprecedented in the annals of medical science ; they will be perused with considerable interest by the intelligent reader.

#### CASES.

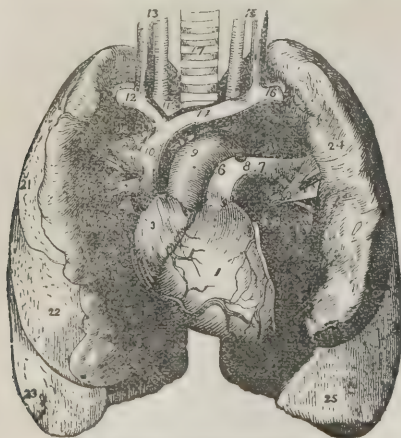
A. B., a resident of this city, and by profession a tailor, was reduced to a mere skeleton, with all the symptoms of confirmed phthisis, brought on from having taken cold, being removed into a cold, damp room in very cold weather. After having suffered for some time from the cough, expectoration, &c., he put himself under my treatment, and in less than a fortnight thereafter, by pursuing the precise treatment laid down in the foregoing pages, a lump, which appeared to the patient to be as large as a goose's egg, broke in the lungs, which immediately relieved him, and by a persevering course of treatment he became hale and hearty.

C. D., a lady from Connecticut, who was laboring under what was thought to be consumption of the lungs by her medical advisers, came under my notice sometime in the year 1848. The symptoms in this case were great debility, emaciation, expectoration, lowness of spirits, great relaxa-

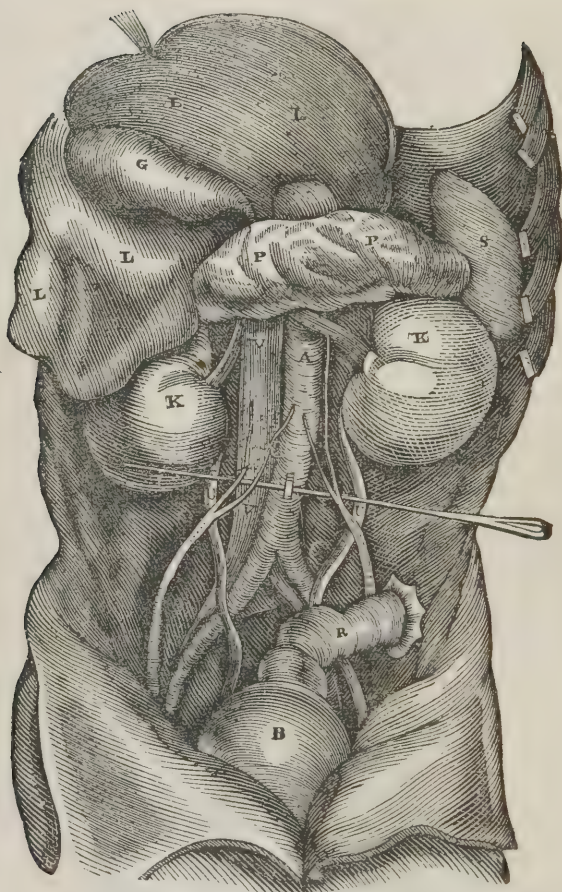


tion, &c., all of which reduced her to the “shadow of a shade,” and caused both herself and friends to despair of her ever recovering her health. Through a former patient who had been under my care for the same complaint, she was induced to consult me respecting the possibility of a cure being effected in her case. Suffice it to say, that by a steady perseverance in the remedies laid down in this book, *riding horseback*, &c., I had the pleasure of returning her to her friends strong and hearty in less than *three months* from the time I first prescribed for her.

N. B.—I had intended publishing several other interesting cases of cures in consumptive complaints, as well as in most others treated of in this volume, but want of space will preclude the possibility of my doing so; all who feel interested, may, by calling on me at my office, see quite a collection of recommendatory letters from persons of standing and intelligence, who have been benefited by the treatment herein recommended, and as practiced by the writer.



HEART AND LUNGS.



#### THE LIVER, GALL-BLADDER, PANCREAS, AND KIDNEYS.

L is the liver, turned up to show its under surface; G, the gall-bladder; P, the pancreas; K, the kidneys, which secrete urine from the blood, which they empty into the bladder, B, by means of the tubes called ureters, U; S is the spleen, an organ at the present day considered merely a reservoir of blood for the stomach. The rectum, R, runs behind the bladder toward its terminating point; V is the great vein carrying up the refuse blood to be purified; A is the artery returning the same blood purified, to meet the wants of the system.

## CHAPTER V.

### ON BILIOUS, FLATULENT, AND WINDY COMPLAINTS, INDIGESTION, ETC.

DYSPEPSIA or indigestion is a disease characterized by torpidity and difficulty, together with a painful state of the digestive organs; and it is a complaint that may be complicated with a multitude of other maladies to which these organs are liable, and with which they are not unfrequently attacked; and it is, also, often accompanied by diseases of other parts of the system, particularly of the *brain*, which in return reacts upon the stomach, giving rise to an aggravated form of the diseases in question.

This complaint may well be regarded as one of the most distressing with which poor suffering humanity can be afflicted; for while it insidiously attacks the constitution of the patient, it undermines the enjoyment of all domestic comforts whatever, even changing the *dispositions* of its numerous victims. A physician, therefore, who will devote his attention to any system tending to a removal of so formidable a disease, is well entitled to the thanks, as well as the gratitude, of his fellow-creatures. Indigestion is one of the penalties of civilization. Wherever men herd together, there dyspepsia reigns; and the further we recede from a state of *nature*, the further are we from the felicity which springs from the enjoyment of bodily *health*. Our artificial life is one replete with deplorable diseases,

and the higher we rise in the social scale, the more refined become our enjoyments, and the greater are the luxuries, in a sensual point of view, in which we indulge, and the more do we suffer from derangements of the stomach. It does not matter much whether our diet be liberal or low, disorders of the digestive organs *will* come upon people, of all classes and all ages, in towns and in cities. We see a patient in nearly every third person we meet; and is there not a medical man living at the corner of every street? Here we have the sickly man of letters, whose liver will not act, and whose appetite becomes poorer every succeeding day; there a man of fashion, whose vitiated organs refuse to impart the bloom of health and vigor to his wan and faded cheeks; a man of business habits, who relishes nothing that comes before him, and dies, at last, of emaciation; your plethoric, “fair round-bellied alderman,” who goes off during a fit of repletion or apoplexy; the faithful and industrious tradesman, who drops down dead behind his counter, in one of the *sudden* attacks to which *too* regular habits render us liable; the man of precarious existence, whose irregularities have well nigh destroyed his digestive powers; the maiden aunt, “killed every day she lives”—by the vapors; the interesting and unfortunate dress-maker, loathing her food altogether, and pale and haggard from lack of exercise, proper nourishment, amusements, &c.; the poor wash-woman, with a stomach “the size of a walnut, but which takes twenty drams a day to keep out ‘the wind and the weather,’”—oh! *her* poor stomach; the hard-working mechanic, who can’t tell what ails him; and the houseless pauper who *can*; and finally, from the old, worn-out *roué* down to the very infant,

“Mewling and puking in the nurse’s arms,”

it is more or less the same, differing only in degree. The penalty of civilization is obvious,—whether it be paid in the shape of hypochondriasis, low spirits, indigestion, gout, asthma, biliousness, or any of the other numerous complaints classed under the head of Bilious disorders.

*Description.*—"Bilious and windy complaints are, of all, the most common, and have, perhaps, the least attention paid to them; notwithstanding that few persons are free from some disagreeable sensations owing to wind and bile, which frequently prove the source of the worst and most crabbed cases." The following are the most common and constant symptoms of these complaints, namely: Want of appetite, indigestion of the food, and a sensation as of great internal *sinking* and distention of the stomach; flatulency or wind in the bowels, acid eructations of wind; nausea and frequent vomiting of a dark, fetid liquid, pain and spasms extending over the region of the stomach; great depression of spirits, irritability and anxiety; whitish or clay-colored evacuations from the bowels or intestines, which are sometimes in a relaxed, at others in a costive state; hæmorrhoids or *piles*, and frequent discharges of blood from the fundament; alternate flushes of heat and cold shiverings over the entire body; irregular, wandering pains in the back and shoulders; spasmodic affections of the muscles,—nervous twitchings, and "tremblingly alive all o'er" to every sense of danger, real or imaginary; restlessness and want of sleep; sudden startings at the slightest unexpected noise; frequent sighing; a sense of great oppression about the region of the heart, with violent *palpitations*; the skin is dry and contracted, or shrunk; tongue furred with a white or brown coating, tremulous, with red edges, and an unpleasant taste in the mouth, stinking breath, dirty teeth, &c.;





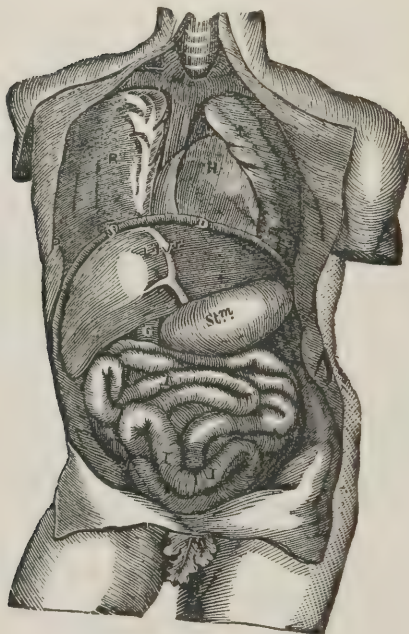
THE STOMACH.

The stomach is capable of containing, generally, from one to two quarts of liquid; cases occur, however—by want on the one side, and gluttony on the other—in which the proportion is either much diminished or increased. It has two openings—the cardiac, C, (from *cardium*, the heart, it being near that organ) and the pyloric, P, from the Greek, for gate-keeper, because it will not let anything but chyme pass it. S S, and B, are arteries surrounding it, to give it a good supply of blood for making the gastric juices.



tremblings and flutterings, particularly when the stomach is empty, with frequent yawnings, gaping, and uncomfortableness; pains in the head, with frightful dreams and hallucinations; pulse irregular and intermittent; giddiness and confused noises or *singing* in the ears; vision frequently obstructed and imperfect; impaired memory; wandering and unconnected thoughts, want of resolution, considerable difficulty in being aroused to either mental or corporeal exertion; former occupations which were regarded with pleasure and satisfaction, now become tedious and irksome; together with many other symptoms which it would be here tedious to enumerate.

*Causes of Indigestion, &c.*—The principal and most powerful causes of dyspepsia, and the other analagous affections with which this chapter is headed, and the whole train of distressing maladies resulting therefrom, are referable to the present fashionable habits of luxury and intemperance, both in eating and drinking; also to the almost total negligence in taking pure air and exercise. In fact, whatever produces disorder in the organs of digestion, may give rise to this troublesome complaint; such as hot bread, high-seasoned meats, spices, pastry, tobacco in every form except snuff, unnecessary evacuations, excessive venery, calomel and blood-letting, derangements in the liver and spleen, causing obstructions, swallowing the food almost without chewing, the depressing passions—as fear, anger, hatred, etc., anxiety of mind; unripe fruit and other indigestible substances; and whatever has a tendency to debilitate the lining of the *stomach*, so as to incapacitate it for the healthy performance of its functions. Mercury, in particular, has a very pernicious effect on the system, greatly depressing and shattering the whole nervous system, arising from its ex-



VIEW OF THE DIGESTIVE ORGANS.

The letters R L and L L mark the right and left lungs, with the heart H lying between them, but chiefly on the left side. V is not a very accurate representation of the large blood-vessels going to the head, neck, and superior extremities. Livr. is the liver, lying in the abdomen, or belly, and separated from the chest by the arched fleshy partition D D, called the diaphragm, or midriff. The stomach appears on the other side, marked Stm., but both it and the liver are removed a little from their natural situation. G is the gall-bladder. I I I are the various parts of the intestinal canal, through which the food is passed on its way from the stomach, by means of what is called the PERISTALTIC OR VERMICULAR motion of the bowels, one circle of fibers narrowing after another, so as to propel its contents slowly but steadily, and resembling in some degree, the condition of a common worm.

cessively stimulating properties ; hence it is a dangerous remedy in the hands of the inexperienced, and I hereby caution all to be very careful how they tamper not only with this, but with mineral medicines generally. These complaints are supposed by pathologists to take their *immediate* rise from an unnaturally deficient or increased secretion of the gastric juice, giving rise to inflammation of the mucous coat with which the stomach is lined.

TREATMENT.—The method which I pursue in the treatment of dyspepsia, &c., and which *experience* has taught me is effectual, if properly pursued and persevered in, is the following : As there is in nearly every case a predominant *acid* secretion in the stomach and bowels, and perhaps in the liver as well, the following preparation is first resorted to :

Take Powdered Turkey Rhubarb,	2 drams.
Carbonate of Soda,	48 grains.
Simple Syrup,	1 ounce.
Mint Water,	$\frac{1}{2}$ a pint. Mix.

Dose.—A tablespoonful three times a day. This will remove the acidity and hot belchings very effectually. In bad cases, however, an emetic of five grains of ipecacuanha in a teacupful of warm herb tea—chamomile is very good—and repeated in half an hour if the first dose does not vomit, which it commonly does, should be first taken.

As soon as the emetic operation is over, and the stomach has become quiet, I follow with a *gentle* purgative if the bowels are not constipated ; if they are, an active cathartic is requisite. The following are very fine.

Take Extract of Ox-gall.

Castile Soap.

Pulverized Rhubarb, of each 1 scruple.

Extract of Gentian, enough to work up the

other ingredients into a mass of proper consistence, which is to be divided into two-grain pills. Dose, five at bedtime, and five in the morning, before breakfast. This is the mild laxative.

Take Croton Oil, 1 drop.

White bread-crumbs, enough to work into a pill, which is the necessary dose. This being an active cathartic, it is best adapted to male patients; females should only take half a pill. For children, a dram of powdered rhubarb and the same quantity of calcined magnesia, mixed and divided into four equal parts, one of which may be stirred up in syrup and given morning and evening, will effectually relieve the digestive organs from all sourness and wind colics, with which they are so much tormented.

Subsequently, when all traces of irritation or inflammation have disappeared, I recommend the following stomachic or tonic pill :

Take Myrrh,  $\frac{1}{2}$  an ounce.

Extract of Chamomile, 1 dram.

Peruvian Balsam, 12 grains. Mix,

and form into three-grain pills; begin with two pills, morning and night, and increase gradually up to six or twelve pills a day. This makes an excellent strengthening medicine, and one of my favorites in all cases where there is debility or loss of nervous energy. I sometimes substitute the following preparation, particularly in females troubled with the *whites*, and who are also suffering from dyspepsia :

Take Tincture of Aloes, 1 ounce.

Muriated Tincture of Iron,  $2\frac{1}{2}$  drams. Mix.

Dose 30 drops four times a day, or every four hours.

In addition to these means, I order the feet to be bathed

three times a week in warm water; and small quantities of red pepper dropped into the patient's stockings, to be worn constantly, if it does not cause any unpleasant sensations; the body should also be bathed in tepid water once or twice a week, and well rubbed with a coarse crash towel afterward, so as to create a glow of heat over the whole body.

*Diet and Regimen.*—A milk diet, at least morning and evening, is of the utmost service. Abstinence from fruit, watery vegetables, malt and other fermenting liquors, is indispensably necessary. Light *animal* food is far superior to vegetable, from the fact of its generating much less acidity; boiled fish, or white-fleshed poultry, custards, bread-puddings made with eggs, boiled rice, light brown-bread, Graham and unbolted wheat ditto, I likewise recommend to dyspeptics. But every substance containing fatty or oily matter, as butter, greasy soups, etc., are always to be avoided as being very indigestible, and for this reason, injurious. The drink should either be pure water or good old cider, in small quantities at a time. Cider in general is far preferable to malt liquors, which should never be taken, excepting perhaps home-brewed ale, well hopped. Cider is a far lighter drink, and less liable to fermentation, and not so apt to produce flatulency or wind. Tea, coffee, and ardent spirits should never be used. Flannel should be worn over the abdomen or belly, not *next* to the skin, but over the body-linen.

To expel wind when troublesome, I prefer warm chamomile or anise-seed tea, to be drank frequently through the day and evening; but it is more efficacious when injected up the bowels in half pint doses occasionally. These teas are made the same way as any other.

The above treatment, reader, I have found invariably

successful in all forms of these diseases, and if you wisely apply the means recommended, I am sure you will experience the most happy and uniform success.

*Cases in Illustration of the Foregoing Treatment.*

CASE A.

Mr. B. K. J., twenty-nine years of age, of a medium stature and nervous-bilious temperament, had been afflicted with Dyspepsia for about four years. He complained to me of a sense of heaviness in the stomach, and a disposition to sleep after dinner ; with faintness, trembling, and headache a little while before eating ; his appetite was variable, but generally speaking, poor ; a sudden transient distention of the stomach, which took away his spirits and was only momentarily relieved by belching enormous quantities of wind. He also suffered from habitual costiveness, to relieve which he had taken an immense number of drastic pills—"tons," as he expressed it—the only effect of which was to aggravate his sufferings amazingly. On rising in the morning, he was in the habit of discharging from his stomach a *glassy* fluid, and destroying all inclination for food, so as at last to reduce him to mere skin and bones.

The foundation of his complaint was laid by indulgence in spirits, wine, and high living ; together with the inordinate use of tobacco, of which he was a confirmed victim, for he smoked, chewed, and snuffed it. Not perceiving, at first, any appreciable effects from this course of life on his constitution, he flattered himself that he might persist in it with impunity ; but experience at last convinced him of his error, and he was obliged to forego all those fascinating but unnatural stimulants, and conform to a simple mode of living ; which was now, however, insufficient in itself to check



the progress of disease : and it soon became indispensably necessary to apply for medical assistance. This he wisely did ere it was too late for art to save him from the horrors of despair. From the indications which presented themselves to my attention in this gentleman's case, I considered the state of the stomach to be now of the greatest importance, and I accordingly ordered him an emetic composed of the following ingredient, namely :

Take Ipecac, pulv., 20 grains,  
 stir it up with a cup of warm herb tea, and swallow at a dose. This in a great measure dispelled those crudities which the loss of appetite, sense of weight, and belching of sour wind clearly proved to exist. The secretions were now looked after, and to restore them to their natural condition, I prescribed the *rhubarb and magnesia* powder, in ten grain doses every four or six hours ; not finding it necessary, in this instance, to premise a purgative ; the bowels being, on the contrary, in a relaxed and debilitated state, and for which I administered the following astringent bolus :

Take Alum, in powder,	10 grains,
Extract of Chamomile,	5 “
Extract of Kino,	8 “

Confection of Red Roses, enough to make a bolus : mix. Dose, three or four a day. The above formula is for one bolus only ; if you wish for ten of them, you have only to increase the quantities of the ingredients by multiplying by *ten*, and dividing the mass into ten equal portions. The motions were now reduced to two easy ones per day, and the fullness and distention of the stomach were greatly relieved ; the *rhubarb and magnesia* had the wished-for effect of counteracting the acidity with which he had been so long troubled.

His diet consisted of very light animal food, broths, fish, chickens, &c., of which he was directed to take a very little each time, at first. By faithful perseverance in the above treatment a short time longer, the symptoms for which I had directed it were removed; it then became necessary to restore the proper tone and action to the digestive organs, which they had been so long deprived of, and to give to the stomach that vigor to perform its functions necessary to a comfortable state of health. To this intent, tonics of gentian, myrrh, the sulphate and carbonate of iron, etc., were prescribed. These means recalled his appetite once more, and removed the pyrosis, headache, tremors, &c., and it was not long before he returned to the enjoyment of his meals more gaily, and with a better relish than he had previously done for many years; his bowels became regular and natural; and with a due regard for exercise and temperance, his health was soon restored, and his strength returned with surprising rapidity. Just four months from the time he came under my care, I had the good fortune to discharge him perfectly cured.

#### CASE B.

A lady, Mrs. ———, of ——— Place, consulted me for advice in her case, which was one of confirmed Indigestion, complicated with derangement of the liver, and of the uterine functions. This patient was in a very debilitated state; her true complaints having been mistaken for another disease, for which she had been under treatment for more than a year, and by which, together with her ailments, she was now reduced almost to the verge of the grave. If any one symptom prevailed over another, I should say it was that of violent palpitation of the heart, for whenever she attempted to ascend an eminence, such as going up

stairs, for instance, or upon using the slightest exertion, in fact, she would be obliged instantly to desist through fear of fainting or impending suffocation ; her breath would almost leave her, the face and hands would become of a bluish, livid color, betokening a great difficulty for the veins to return the blood to the heart, from loss of the nervous energy in the system.

Such being the state of affairs, I found no time was to be lost in tampering or procrastination, and *tonics*, with a generous diet, wine, etc., were forthwith administered. The following bitters were now ordered, and had a most charming effect in restoring the lady to a state of comparative felicity :

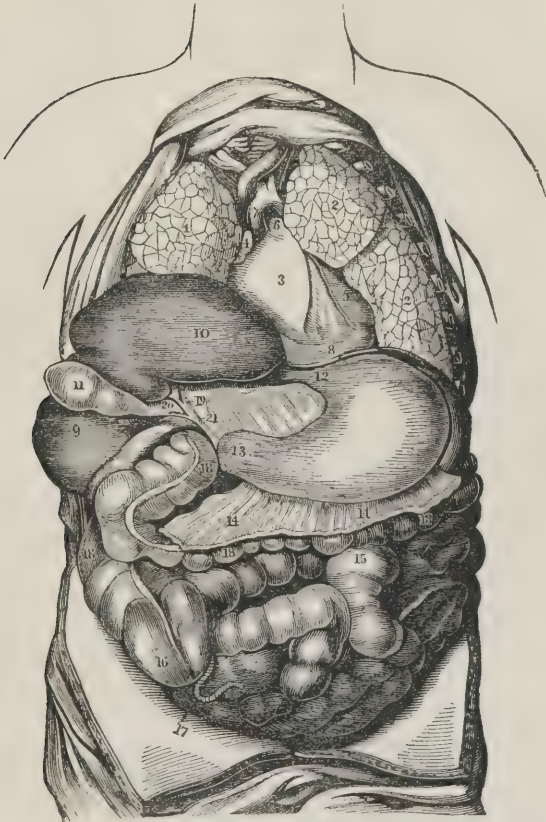
Take Peruvian Bark, one ounce,  
Gentian Root,  
Orange Peel,  
Coriander Seeds, of each, half an ounce.

Let the above ingredients be bruised in a mortar, and infused in a bottle of brandy for five or six days. Dose, from half to a tablespoonful in half a wineglassful of pure water, one hour before breakfast, dinner and supper.

The patient now began to be quite lively and cheerful, which greatly surprised her friends and the family physician. The violent palpitations soon became much less in frequency, and finally ceased altogether to torment her. A little perseverance in the medicines, to which I subsequently added the Liver-pill, together with the use of a tepid bath three times a week, entirely removed the symptoms above enumerated ; the languor, headache, nausea, trembling, hiccough, dejection, flatulence, and distention of the stomach with which she had so long been afflicted, soon disappeared to return no more. The blood assumed its accustomed bloom upon the cheeks, the tongue became

clean and natural, and, in a word, this lady's friends had soon the inexpressible delight of beholding her once more restored to her former pristine health.

From the above case, it is evident how fallacious are the appearances of disease, and how difficult it is to discriminate between those diseases which bear so great a similarity to each other in symptoms, but whose *treatment* should be diametrically opposite; "for the remedies proper for one class of maladies would most surely prove fatal if applied to the other: and it is to be regretted that there are no certain criteria or *signs* by which we may *easily* distinguish the real cause, and know at first sight what method to pursue. But the man of experience is the only arbitrator on whom we can rely, and who, from the collected appearances of the case, can draw a *safe* judgment."



#### THE INTERNAL ORGANS OF THE BODY.

1, Right lung. 2, 2, Divisions of left lung. 3, Right ventricle of the heart. 4, Right auricle. 5, Edge of left ventricle. 6, Pulmonary artery. 7, Aorta. 8, Edge of midriff. 9, Right lobe of liver. 10, Left ditto. 11, Gall bladder. 12, Cardiac end of stomach. 13, Pyloric ditto. 14, Mesentery. 15, Ileum. 16, Cæcum. 17, Vermiform process. 18, 18, Colon. 19, Duct from liver. 20, Duct from gall-bladder. 21, Common Gall-duct.

## CHAPTER VI.

### ON FAINTING, SWOONING, LANGUOR, (ENNUI,) ETC.

PERSONS of weak nerves and delicate constitutions, are those who are the most liable to swooning or fainting fits. They are seldom dangerous when properly managed, but prove exceedingly injurious if improperly attended to or wholly neglected.

The most common causes of these accidents or maladies, are too sudden transitions from heat to cold, or the reverse; breathing a foul or impure air, or one that is deprived of its healthy, bracing qualities,—its proper spring or elasticity; great fatigue, excessive weakness, loss of blood, certain odours; the sight of accidents befalling others; intense mental application, study, all violent passions or actions of the mind; partaking freely of hot or strong liquors; long fasting, fear, grief, and other affections of the mind.

Persons who faint ought to be removed immediately into the cold fresh air; the temples should be rubbed with strong vinegar, or brandy, which is better, and volatile spirits of sal ammoniac (hartshorn) applied to the nose. The patient should be laid on the back with the head *low*, and not raised as is too commonly the case; the brain being deprived of its blood by the imperfect action of the heart, is the supposed cause of swooning, and the reason the head is recommended to be placed low, is to favour as



much as possible the free circulation of the vital fluid in the substance of the brain; experience having taught us the efficacy of this plan and its superiority over other methods. Have a little of the tincture of valerian—a teaspoonful—poured into half a wineglassful of cordial or brandy and water, and administered as soon as it is prepared and pour into the mouth a teaspoonful at a time, until it is all swallowed. Some recommend the feet to be immersed in warm water, but this is a very erroneous practice, and should never be resorted to, for the reason just mentioned; some stimulating liniment may, however, if convenient, be rubbed on the breast, over the region of the heart or toward the left side. Should there be any *tight* bandages confining the person in any way, such as corsets, neck-cloths, cravats, &c., they should be removed without delay, in order to give every possible freedom to the uninterrupted circulation of the blood.

Bushnell, on Fever, thus observes: “In all epidemic fevers, whether proceeding from the above causes (malaria, etc.,) or from weakness, relaxation, and debility in general, as from nervous and hypochondriacal affections, great fatigue, long fasting, loss of blood, and the like, the patient must be supported by generous wines, in which iron should be mixed, or taken in conjunction with them; jellies, broths, sago gruel with wine, new milk, and other things of a light, cordial nature should also be exhibited. These articles are of course to be given when the person has recovered or ‘come out of the fit.’” All that can be done while in the fit, I have explained above. A compress made by folding a piece of linen or cotton cloth four thick, may be dipped in *warm* brandy and applied to the pit of the stomach or a little above it, and renewed when it becomes cold.

The following preparation of Iron, above alluded to, should be frequently used by persons of a pale complexion, weak nerves, lax muscles, and who are subject to swooning:

Take Sub-Carbonate of Iron,           1 drachm,

Chamomile Extract,

Pulverized Cinnamon, of each,  $\frac{1}{2}$  drachm,

mix, and make into pills of five grains each. Dose, four pills three times a day. These pills will increase your strength wonderfully, and give color and life to the cheeks, besides improving the appetite, restoring the secretions to a more healthy state, &c.

Though it has been, and is still, I am sorry to say, common in cases of fainting to first *bleed* the patient, yet I will venture to affirm that nothing can be more prejudicial or dangerous, especially in weak and debilitated constitutions; and even in plethoric or full-blooded persons, it is a very bad practice to thus rob the system of this “irreparable balsam” of life. The dashing of cold water on the head, putting mustard poultices to the feet and legs, is a far better and more *rational* method to be pursued in such individuals.

## CHAPTER VII.

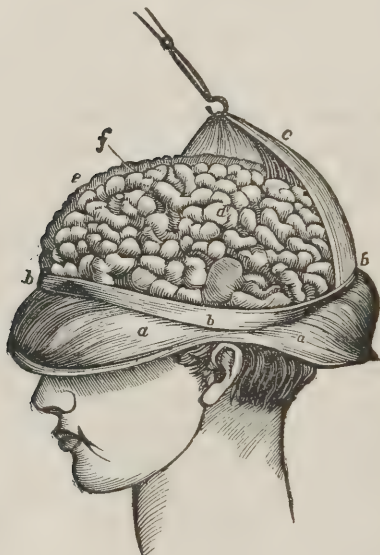
### ON LOSS OR DEFECT OF MEMORY.

THE causes of this complaint are very many and various, the most common among which are : injuries done to the brain by falls or blows upon the head, contusions, fractures of the skull, etc. ; passions of the mind ; a too great loss of semen from excessive venery, or self-pollution ; epilepsy or melancholy ; and sometimes by the use of certain narcotic drugs, taken either internally or applied to the body externally.

TREATMENT.—*Method of Cure.*—The cure consists in taking generous diet, and a tablespoonful of good brandy in as much or rather more water, three times a day ; but when I speak of a generous diet, I do not mean for one to eat and drink like a big fat glutton or hog, but to eat moderately, and drink the same, or in other words, let *temperance* be your guide in all things. Rise betimes, take regular exercise in the cold bracing air—"run, jump, skip and hop." Apply externally, to the temples and nape of the neck, oil of amber ; and bathe the head all over in cold water every morning, or oftener, rubbing it well afterward with a coarse towel, until you raise a glow of heat. Take a cold bath, if you are accustomed to the cold ; if not, a tepid or luke-warm bath, once or twice a week, rubbing the whole body well, as just recommended

for the head. The *shower* bath, if it can be borne, is excellent in these cases, and should be repeated every other day. As I said before, the diet should be moderate and strengthening. Not forgetting that

“Early to bed and early to rise,  
Makes us all *healthy, wealthy and wise.*”



VIEW OF THE BRAIN.

EXPLANATION OF THE FIGURE.—*a*, the scalp turned down; *b*, the cut edge of the bones of the skull; *c*, the external strong membrane of the brain (*dura mater*) suspended by a hook; *d*, the left hemisphere of the brain, showing its convolutions; *e*, the superior edge of the right hemisphere; *f*, the fissure between the two hemispheres.

## CHAPTER VIII.

### INCUBUS, OR NIGHTMARE.

THIS frightful complaint seizes the individual during sleep, commencing with some horrid dream or other, which at last so paralyzes or benumbs the person, as finally to deprive him of all motion. In such a state one is apt to imagine himself in danger; like a man who is being pursued by an enemy seeking his life, he tries to escape, but finds he cannot do so for want of strength. Soon the symptoms of uneasiness are increased; a load is felt at the chest oppressing it and nearly depriving him of breath, so that if he wishes to speak, he cannot. Sometimes specters are seen, of various forms and degrees of ugliness, seated on or near him—often upon the breast—but the load, or the offensive creation of the “fancy diseased,” cannot be removed by the dreamer. In vain the attempt is made to remove the body, or turn one’s self over, and in which success is not attained until after a long and laborious struggle. At length, in most instances, the imaginary weight or object vanishes, but generally leaving a trembling of the heart, palpitations, and a general sensation of languor and weakness.

This complaint, from being such a common one, is usually treated in a very light manner by most persons; but when we reflect upon the fact of many persons having

been found dead in their beds in the morning, after having retired in apparently good health a few hours previously—persons who, nine times in ten, thus die of the nightmare, we come to the conclusion that it is not a disease possessing no interest, or of such small importance as we might, at first thought, imagine. On this account, then, I have for years recommended those of my patients who are subject to the nightmare, to have a friend or servant near them, in the same room, at night.

Where attention is paid to health, such persons are not much troubled with this complaint; but those who overload their stomachs by rich, indigestible food, just before going to bed, oppressing their stomach with pastry, liquors, fruit, etc., and especially if they lie on their back, are very liable to be seized with it.

TREATMENT.—Avoid the causes above enumerated; abstain from intense thought after supper, as anything which presses upon the mind tends to the production of the disorder; take a spare supper, retire to rest early, and rise betimes; avoid all hearty or indigestible food—particularly spiced or salted meats, new bread, pies, cakes, and the like. Exercise for an hour before going to bed in the cold air, and be as cheerful and serene in mind as possible, allowing nothing to annoy or vex you. Persons subject to nightmare should lie with the head raised high with pillows; and if they are past the meridian of life, are nervous or debilitated, they should take half a wine-glassful of the best old brandy in a little water, ten minutes before going to bed. Cold bathing once or twice a week will be found a grand preventive, also.



## CHAPTER IX.

### ADDRESS TO THE FAIR SEX—ON WEAKNESS CONTRACTED BEFORE MARRIAGE, ETC., ETC.

“I do not see,” says Rousseau, “but one mode of preserving in the young their innocence ; which is, that all those around should respect and love it.” Unfortunately, the smallness of dwellings, as they are now constructed, especially in cities, together with other necessities, particularly that of watching their sons and daughters, obliges parents to keep their children near them, and their curiosity being always on the alert, often leads them to unfortunate discoveries. Notions of love may, when acquired too soon, excite in the soul a sensation which is at first vague, then more precise, and which only requires an opportunity to become a fatal passion. But to the point :

An excellent writer has the following remarks on this subject, and although rather plain, they are nevertheless *pertinent* and to the point. There are disorders contracted by the fair sex, the causes and cure of which are of such a nature, that they wish to conceal them, and therefore suffer worse consequences than can here be described,—they can only be imagined by those who are the victims of a horrid and debasing custom. “To tell in a few words what I mean by these diseases : they are such as the patient, by criminal indulgence of her passions, has her-

self been the instrument of causing. Many of the fair, in their younger years, have suffered much from a *secret vice*, by which they have endeavored to procure themselves those pleasurable sensations and delights which God has ordained to be the effects of mutual commerce between the sexes."

It is indeed a matter of late become too notorious to be doubted, and too dreadful in its consequences to be indulged in; I mean that abominable vice, *Onanism*, or secret venery—and certainly none can take it amiss, if for the advantage of the fair sex, I endeavor to remove the evil consequences of it, and

"Hold the mirror up to Nature; to show Virtue her own feature, Scorn her own image, and the very age and body of the Time his form and pressure."—*Shakspeare*.

This secret vice is chiefly a fault in *both* sexes; and nothing can possibly be of more importance to the preservation of human kind in general, than the endeavoring to prevent a practice which strikes at the very root of fecundity, and which is particularly destructive to young men as well as women; but besides its wickedness, in a moral point of view, it is the most prejudicial thing that can be imagined to the constitution. Its bad effects on the body are very many and great. If practiced often, it relaxes and destroys the *retentive* faculty. It occasions the whites in women, and gleans in men. It ruins the complexion, and makes them pale, swarthy, brown and haggard. It produces a long train of hysteric complaints; and sometimes, by draining away the radical moisture—the vital fluid—induces consumption.

It brings on heat in the privates, belly and thighs, with shooting pains in the head and all over the body. It sometimes occasions that *fatal* malady, the *furor uteri*—

*nus*, or insatiable appetite to venery, the consequences of which are terrible beyond description. But what it is the most liable to produce, is barrenness, by causing an indifference to the pleasures of Venus : and, in time, a total inability or inaptitude to the act of generation itself. Virgins who thus abuse their bodies, deflower themselves, and destroy that valuable badge of their chastity which it is expected they would not part with before marriage, but which when lost, can never be retrieved.

Maids who thereby deprive themselves of that badge, the loss of which, before marriage, was so severely punished by the Jews, under what apprehension must they continually live ! with what terror must they approach the marriage bed, which heaven has designed for the seat of the highest sensual enjoyments, when they reflect, that their *virtue*, on their first amorous encounter, is liable to such suspicions as may never be worn off, but which may render uncomfortable the life of her, and her otherwise *affectionate husband* ! The physiognomy, that faithful mirror of the soul and body, gives the first indication of internal disorder. The complexion and plumpness, which jointly confer a youthful look, and which is the sole substitute for beauty, are the first things that disappear ; a leanness succeeds, the skin becomes roughed and tinged of a bad color ; the eyes lose their brilliancy and deaden, and by their languor express that of the whole frame ; the lips lose their vermilion hue, the teeth their whiteness, and the whole body receives a shock, which gradually causes distortion of the spine. How often do we see females after being well made at 8, 10, 12, 14, and even 16 years of age, become crooked by bending of the spine ! and that it is chiefly owing to this criminal and secret indulgence is well known and established. “ This infamous

habit was common among the Roman women at the time when all morality was lost, and was more than once the subject of the satirists of the age, as Juvenal," etc.

"In my opinion," says a learned French author, "neither the plague, nor war, nor small-pox, nor similar diseases, have produced results so disastrous to humanity as the pernicious habit of Onanism : it is the destroying element of civilized society, which is constantly in action, and gradually undermines the health of a nation."

Nature has given some women a semi-resemblance to a man ; this has, upon slight inquiry, given rise to the chimaera of hermaphrodites. The preternatural size of a part which is naturally very small, and whereupon M. Trousseau has given a very able dissertation, produces all the miracle, and the shameful abuse of this part all the evil. Some women who were thus imperfect or deformed, glorifying perhaps in this kind of resemblance, seized upon the functions of virility. The danger of this kind of pollution is not, however, less than that of the other sorts of masturbation : the effects are equally shocking ; all these paths lead to emaciation, languor, pain, and death. This last deserves the greatest attention, as it is frequently practiced at present ; and it would be easy to find more than one Lausella, or a single Medullina, who, like those Roman females, so much esteem the gifts of nature, as to think they ought to abolish the arbitrary distinction of birth.

Women have been known to love girls with as much fondness as ever did the most passionate of men, and conceive the most poignant jealousy, when they were addressed by the male sex on the score of love.

My young friends, what I have already said concerning the horrid practice of self-abuse, if properly attended to,

will be sufficient to render it *abominable* ; to deter the young, and hitherto innocent, from making themselves *miserable* ; and to *stop* the course of those who have already advanced far on the road to *destruction*.

Let all, when in any way tempted, reflect on the miserable condition of the thousands who, victims to this horrid practice, are now in galloping consumptions, rickets and spinal distortions, and who are *dying* terrible examples to such as still persist in this *vice*. And as relaxations, weakness, and infertility of the parts, whether in the female or the male, are the common consequences, among many others that follow, relief can only be obtained, or even hoped for, by the use of proper remedies, which I shall now proceed to give, and which I have found *unsurpassed* for the cure of not only this habit, but also of barrenness or sterility, seminal weaknesses, nervous and muscular relaxations, etc., etc.

TREATMENT.—This disease, even in its advanced stages, I have had the happiness to cure, speedily and permanently, by 1. Directing the genital organs to be enveloped with a bag sufficiently large to cover the outward parts, filled with powdered *camphor*, to be worn during the day, and at night the following ointment, spread on a large piece of linen, is to be applied and bound on the parts :

Take Powdered Camphor,           6   drams.

Lard or *fresh* Butter,        2½   ounces.

Mix and make it into an ointment. If this is properly prepared, (and it requires considerable care to be observed in doing so,) it will quickly destroy the spasmodic action of the seminal canals, bring back calmness and tranquillity to the body, and regenerate the mental faculties ; the perpetual *itch* for pleasure which impels to the act of self-pollution, will disappear by the constant use of

the above simple means, conjoined, of course, with other salutary measures, and which I am now about to lay down for your guidance.

2. Take a basin of cold water and bathe the genitals well, night and morning, which, simple as it appears, is of much benefit; after washing well the parts inside and out, rub them briskly with a coarse towel or flannel for the space of five minutes, or until they begin to look red, and a glow of heat is experienced. This paragraph refers to *debility* in the organs, want of the virile powers, or nervous energy, &c.

3. It would be an excellent plan for those having charge of the young who are of a warm, sanguine temperament or disposition, to sprinkle powdered camphor on the sheets or between the under one and the mattress, before they go to bed at night. Everything that tends to excite the imagination should be, if possible, withdrawn from the youthful mind; and if this cannot be conveniently done, the remedial means already recommended will of themselves generally have the effect of repressing lustful and unholy desires. Having had considerable experience in the treatment of this and similar complaints, I hesitate not to say that, if the advice herein laid down is attended to in a *judicious manner*, success will be the result. Great care being essential in preparing the medicines recommended in this work,—much greater, by far, than I have ever found apothecaries *generally* willing to bestow on medicinal preparations:—for this reason I have long since been obliged to be at the expense and trouble of preparing myself the preparations used in my practice; otherwise my patients would have been the sufferers, and blamed me for the want of skill, when in reality the fault lay in another direction. The *attentive* physician who will be at the trouble of pre-



paring his own remedies,—if he is possessed of judgment and skill, will, I am persuaded, be certain of giving satisfaction to his patients; but *pride* and indolence will not permit them to do this, and hence their proverbial want of success in the treatment of diseases generally. I have been led to this digression, which the reader must excuse, from having had frequent complaints made to me by patients who have “suffered some” on this very account; and I feel it to be my duty to vindicate the character of my profession, which, of all the learned ones, is the most noble and useful: the *fault* being not in the medicine, but in the persons who prescribe it. As long as we have so many opinions to settle in the Medical Art, just so long medicines will be wrongly prescribed by four-fifths of those prescribe them.

I will now give a few among the numerous prescriptions which, in my practice, I have *proved* to be among the most successful medicines for the treatment of this complaint. It should not be overlooked, however, that a great deal depends, of necessity, on the peculiarities of constitution in individual cases; and it belongs to the judgment of the *experienced* physician to determine those which are the most suitable for the different temperaments.

1.     Take Extract of Quassia,  $\frac{1}{2}$  ounce,  
          Powdered Rhubarb, 10 grains,  
          Extract of Gentian, 1 drachm,  
          Sulphate of Iron, 10 grains,  
mix, and form into pills of three grains each, of which the dose is one three times a day.

2.     Take of Precipitated Carbonate of Iron, 2 ounces,  
          Extract of Peruvian Bark,  
          Extract of Colomba, of each, 1 drachm,  
          Powdered Camphor, 15 grains,

mix ; make into pills of three grains each. Dose, two pills three times a day, half an hour after eating.

3. Take Sulphate of Iron, 10 grains,  
Sulphate of Copper, 4 “  
Disulphate of Quinine, 14 “

Extract of Gentian, a sufficient quantity to make a pillular mass ; mix. Divide into pills of two grains each, of which the dose is two pills swallowed immediately after eating, twice a day, morning and evening.

The above formulas are powerfully tonic remedies, and are to be resorted to in cases of debility, chlorosis, whites, &c. &c.

4. Take Tincture of Spanish Flies, 1 ounce,  
Muriated Tincture of Iron,  $1\frac{1}{2}$  “

mix. Dose, ten drops three times a day, gradually increasing the dose up to 45 drops. It may be mixed in a tablespoonful of water. Should symptoms of cystitis, or irritation and inflammation of the bladder take place, and which may be known by painful sensations, constant desire to void the urine, heat, smartings, &c., the patient must discontinue its use.

5. Take of Muriated Tincture of Iron, 1 ounce.  
The dose of this tincture is from 8 to 18 drops, three times a day, gradually augmenting the dose up to 35 or 40 drops ; it is better to take it in a little water, soon after meals.

6. Take of Cinchona Extract,  
Extract of Columba,  
Extract of Anthemis, of each, 2 drachms,  
Sub-Carbonate of Iron, 4 scruples ;

mix, and make into 80 pills ; of which the dose is one night and morning, after meals. The above remedies I use with great success in persons suffering from nocturnal emissions.

Take Bruised Calamus,

Cardamom seeds, bruised, of each, 1 ounce,

Powdered Gentian Root,  $4\frac{1}{2}$  “

Orange Peel, 1 “

Powdered Cinnamon,  $1\frac{1}{2}$  “

Sound Madeira Wine, 5 pints ;

macerate for 14 days and then strain. Dose, a teaspoonful three times a day, half an hour before eating. This is an excellent remedy in *impotency*,—at least I have always found it such.

7. Take Oil of Sweet Almonds, 1 ounce,

Phosphorus,  $\frac{1}{2}$  “

Let the phosphorus be cut into very minute pieces and introduced into a green glass bottle having a ground-glass stopper ; add the oil. Put this mixture in a dark place for 14 days ; at the end of which time pour off, and scent with the oil of lavender or bergamot. It will be necessary to keep this solution in a place excluded from the light, or it will decompose. Dose, 25 drops, of which one-third is to be taken three times a day, mixed with a little flax-seed tea.

This remedy must be used with caution, and invariably *after* eating. Phosphorus is an active stimulant, and has a powerful influence over the genital organs. Useful in *impotency*, when other means fail.

*On Diet and Regimen.*—Correct rules of diet and regimen are always of great importance, and should never be neglected ; yet they are very generally disregarded if not entirely forgotten. Therefore, let me enjoin upon patients suffering nightly emissions of the seminal fluid, to observe a strict adherence to a proper and well-regulated diet. She should make use of light, easily digested, unstimulating, but sufficiently nourishing food ; such as

vegetables of all kinds, ripe fruits, rice and milk, mush, unbolted wheat or Graham bread, ship biscuit, soups, saloup, Bermuda arrow-root, Indian and oat-meal gruel, and the farinaceous pottages generally. The drink should be water, black tea, lemon and orangeades, chocolate or cocoa shells, milk, &c.

But in cases of impotency, the diet, on the contrary, ought to be of a more stimulating description, such as meats rare-cooked, oysters, game, and the like; sound wines, as Madeira, Sherry, &c., are also beneficial; as well as good ale, porter and stout, in such cases. I would recommend the patient to try the following: break a fresh egg into a tumbler and add to it a glass of Madeira; beat it up well and drink it, and repeat morning and night. This will be found excellent. Mineral waters are recommended by some; but the *best* "mineral water" is the pure Croton beverage, which contains sufficient medicinal properties for all practical purposes; though smith's-forge water, filtered, is a good tonic, and far superior to the Sharon, Avon, and other boasted mineral springs; besides, you can always procure it from any blacksmith's shop, without money or price. The simplest and most effectual way to filter water, when you have no other, is by means of a piece of clean flannel, and consists merely in straining the water through it,—a process requiring no explanation from me.

Ice pounded up fine and put into a bladder, and applied on the nape of the neck, together with bathing the loins and back over the region of the spine, will be found of much benefit in arresting nocturnal discharges and allaying heat about the genitals.

*Concluding Remarks.*—An able writer in the Boston Med. and Surg. Journal, has the following remarks on

the subject in question ; he says : “ The pernicious and debasing practice of MASTURBATION is a more common and extensive evil with youth of both sexes, than is usually supposed. The influence of this habit upon both mind and body, severe as it has been considered, and greatly as it has been animadverted against, is altogether more prejudicial than the public, and as is believed, even the *medical profession*, are aware.

“ A great number of the evils which come upon the young at and after the age of puberty, arise from *masturbation*, persisted in, so as to waste the vital energies and enervate the *physical* and mental powers of man. Not less does it sap the foundation of moral principles, and blast the first budding of high and honorable feelings which were exhibiting themselves in the opening character of the young. Many of the weaknesses commonly attributed to growth and the changes in the habit by the important transformation from adolescence to womanhood, are justly referable to this degrading practice.”

Now, this change in the system is an important one, and requires all its energies, and which are greatly increased at this period of life, which if undisturbed will bring about a vigorous and healthy condition of both the mental and physical powers. But, if masturbation be commenced at or about this period, it does not fail to interrupt essentially this important process ; and if continued or persisted in, will inevitably impress imbecility on the constitution,—not less apparent in the *body* than mind, preventing, as it will, not only the full development of the powers of one but of both.

The unfortunate person becomes feeble, is unable to labor with accustomed vigor, or to apply the mind to study ; the step is slow and weak—like an aged person’s ;

she is dull, irresolute, engages in her sports with less energy than common, and avoids social intercourse ; when at rest she instinctively reclines into a lolling or recumbent posture, and whether at work or play she takes every opportunity to lie down or sit in a bent and curved position. The *cause* of these infirmities is *often* unknown or unsuspected to the subject of them, and more generally to her friends ; and to labor, or study, or to growth, is usually attributed all the evils which arise from the practice of this secret vice, and which, I repeat, if persisted in, will hardly fail to result in almost irremediable disease or hopeless *idiocy*. The natural consequence of indulgence in this—as in most other vices—is an increased propensity to them. This is particularly true of masturbation. In my intercourse with this unfortunate class of persons, I have found a large proportion of them wholly ignorant of the cause of their complaints ; and if not too far gone, the abandonment of the habit has, after a time, removed all the symptoms and resulted in confirmed health. One young creature, now under my care, was first arrested in her career, by a timely warning of its certain termination in destruction if persisted in. For many months she has totally abstained from the practice, and yet she is feeble, depressed, irresolute, and unable to fix her attention upon anything of an intellectual nature, or to pursue any active employment. But by judicious treatment she is steadily convalescing, and will doubtless soon recover her former robust health.

If the symptoms above enumerated do not lead in any way to a discontinuance of the habit, other symptoms, and more difficult to cure, will present themselves. The back becomes lame and weak ; the limbs tremble, the digestion is disturbed, and costiveness or diarrhea alternately take



place. The head becomes painful—the heart palpitates—the breathing is affected—the mind is depressed and gloomy—the temper becomes irritable—the sleep disturbed, and is attended by lascivious and further *debilitating* dreams, as well as nocturnal pollutions, emissions of blood, &c. With these symptoms, the pulse becomes clogged, the feet cold and damp; the countenance is downcast, the eye loses its natural luster; shame is apparent in the countenance, as if the victim were conscious of her degraded and fallen condition. The stomach, also, often rejects food, and is affected with acidity and loathing; the nervous system becomes nearly destroyed and is highly irritable; neuralgia, tabes dorsalis, pulmonary consumption, or fatal marasmus, terminate the sufferings; or else *insanity* and deplorable idiocy are the fatal results. But some time before such an event takes place, the mind is enfeebled, the memory impaired, and the power of fixing the attention wholly lost.

In females, leucorrhœa or *whites* is often induced by Onanism, and I doubt not incontinence of urine, stranguary, prolapsus uteri (falling of the womb), disease of the clitoris, and many other diseases, both local and general, which have from ignorance or accident been attributed to other causes. Then let all, when in any way tempted, *reflect, desist*, ere it be forever too late, or certain destruction *will* be the terrible, the horrible *finale*.

Bostwick mentions the following interesting case:—A young widow, twenty-one years of age, stout built, low in stature, thick, short neck, black hair, dark eyes and complexion, sanguine temperament, and possessing a naturally lively disposition, lost her husband shortly after marriage. With much hesitation she disclosed to me the following graphic history of her pitiful case:

“ Before my marriage, my imagination was wrought up to the highest pitch upon the subject of connubial enjoyments. The venereal appetite was first excited by novels, love-stories, theatrical representations, gay parties, &c., even when I was not more than fourteen or fifteen years old. So strong were my passions, that it was with the greatest difficulty that I could conduct myself in a decorous and lady-like manner in the presence of the other sex ; and if left alone in their society my feelings became indescribable, so that, in spite of myself, my love for men became apparent. I could not even touch a gentleman’s clothes (these are her own words) without fainting. After my marriage, this burning desire was in a great measure, but not wholly, extinguished. I acknowledge with shame, that I practiced self-pollution both before and after marriage, as my husband was in delicate health, and unable to satisfy me. Since his death, my passion has been more inflamed than ever, and I fear that, unless something can be done to relieve me, I shall go crazy. I have long thought of consulting a physician, but dreading so much to make a confession, I have delayed it till now ; and it is only with the greatest difficulty that I have at last prevailed upon myself to pay you this visit. Foreseeing inevitable destruction by longer delay, I determined to make my case known, in the hope of being again restored to a natural state of health. Six or ten times in a night were not enough to extinguish the fire burning within me, and I have often coaxed my husband to gratify my unnatural appetite during the day. To my mind, my case is a very uncommon one ; and I have often had a very strong wish to know if other females are tormented in the same manner. I am sure my lascivious sensations cannot be natural—they must be the effect of disease.”

An examination of the vagina and uterus was at once instituted, by means of the speculum. The neck of the womb was discovered to be in a congested state; its mouth inflamed; the entire length of the vagina hard and excoriated; the outward parts in a raging heat; the clitoris much elongated, inflamed, and abraded; the labia tumefied and dry; the nymphæ enlarged and red, the urethra much inflamed, which caused a severe scalding when she urinated. Such was the condition in the offending organs of this lady. By a course of judicious treatment, the patient was eventually relieved.

## CHAPTER X.

### FUROR UTERINUS OR NYMPHOMANIA.

THIS is a species of disease characterized by an ardent and irresistible desire in women, for sexual intercourse. It is an irregular, wandering mania or rage, the origin of which is doubtlessly situated in the portion of brain occupied by the phrenological organ of amateness, or physical love, and also in the uterus. An acrid state of the vaginal secretion, ulcerations, want of cleanliness in the parts, &c., may, also, produce a similar complaint to the one under consideration. An excellent author has the following views on the subject, which I prize the more highly as they are embodied in the language of *experience*. He says :—

“ In this disease women are troubled with an insatiable passion for venery. Country girls, being more chaste, are not so liable to this complaint as those living in town. In men the frequent excitement of the sexual organs by Onanism disposes to nocturnal emissions of semen, which produce a very irritable and debilitated state of the whole system. Women have no semen ; yet during coition, there is an effusion or discharge of a fluid somewhat resembling it, and trifling causes will excite its flow. The frequent emission of this fluid will occasion the same disordered and debilitated state of health in the female, as

is produced by Onanism and its consequences in the male. I was once consulted by a lady who had several children, who was laboring under great debility both of body and mind. She disclosed her secret to me, and said she had the most irresistible disposition to lasciviousness imaginable; that when alone she could not desist from rubbing the parts until she became exhausted and sunk down in perspiration; she slept well, but as soon as she was awake the same propensity recurred. Another lady who consulted me, said she had always been brought up virtuously, and had hitherto been well disposed; but now a man could not pass without her experiencing those sensations which were alone her husband's right."

Furor Uterinus is attended with obscenity, restlessness, and a delirium. The patients delight to talk obscenely, and solicit men to satisfy their desires, both by words and gestures. Some, as I said before, believe it to arise from too great a sensibility or inflammation of the *pudenda*, or parts where the venereal stimulus resides, which are chiefly the *clitoris* and *vagina*; or the too great abundance of acrimony of the fluids of those parts; or perhaps both these causes may exist together. But what it is mostly occasioned by, is, the criminal abuse of the body, by a baneful habit, which is too frequently practiced by young women, as has been treated in the foregoing chapter.

"The accidents to which women are liable," says Grantz, "are accounted for upon the same principles as those of men; the humors which they lose being of more or less value, and not so elaborate as the sperm of man, its loss does not perhaps weaken so soon; but when they are guilty of excesses, their nervous system being weaker than men's, and naturally more subject to spasms, the

accidents which arise therefrom are more violent. Dr. Whytt affirms that he was an eye-witness of a shocking spectacle of this kind in the year 1796. A young woman of about twenty-three years of age challenged six Spanish dragoons, and sustained their charges for a whole night, in a house near the gates of Montpellier ; she was next day brought into the city almost dead, and expired at night, bathed in her own blood, which gushed from the matrix.

Let my fair readers take warning by such examples, and shun that dreadful precipice whereon many a fair and otherwise amiable female has been unfortunately wrecked ! This deluding vice has generally been called Onanism, being the supposed crime for which the Lord slew Onan, as recorded in the 38th chapter of Genesis. It is turning the grace of God into lasciviousness, violating his laws of propagation, and plunging the soul from its original seat of happiness into a gulf of misery and woe !

A respectable young gentleman, of one of the learned professions (that of the law), was out of health for a long period ; his head and eyes suffered exceedingly, and he was in a state little short of insanity. He placed himself under the care of one of the most eminent medical men in the city, and followed his prescriptions for a year, but without benefit. He then called upon another, who asked him whether he was addicted to masturbation, to which he replied that he was. The advice given him was principally to abstain from the indulgence of this debasing act, in conjunction, of course, with proper medicines, by which means he very gradually regained his health, after suffering much from *remorse* and privations.

Assuredly the melancholy train of ideas and infirmities this destructive habit brings on those who are unfortu-



nately attached to it, claims our pity and consolation, rather than our vengeance and contempt. *Turn*, then, ye unthinking mortals, turn from the paths which lead you to destruction, and walk in the road that will conduct you to *happiness*. Fly from this tempting, this deceitful *sin*, whose siren charms allure you to *ruin*. Turn to that all-gracious Lord, who is now only waiting to be gracious—"THERE IS STILL A BALM IN GILEAD, THERE IS STILL A GREAT PHYSICIAN THERE."

It is to be hoped that these observations will be sufficient to stop young people from this pernicious practice, and thereby prevent them from plunging into a sea of misery, without, perhaps, a single plank to escape upon.

Nothing, says a writer, weakens the mind so much, perhaps, as this pernicious practice, which takes possession of the whole mind and thoughts, and prevents its votaries from following their respective avocations, by engrossing their ideas, even when they should be employed in devotion or business. It renders them stupid, dull, and listless, destroying all their vivacity, cheerfulness, and health; by bringing on consumption, weaknesses, and barrenness, and all that dreadful array of *nervous* complaints which make them timid, whimsical and ridiculous. It agitates the mind, causes frightful ideas and horrid dreams, and ultimately renders them fearful of being left alone even for a few minutes.

Surely such a train of miseries proceeding from this cause might be sufficient to deter young people from beginning such a practice. Doubtless it would if they were sufficiently aware of its destructive effects.

But these are not all the evils arising from this habit; as will be shown under the article *Onania*, or *Onanism*, which will be illustrated by remarkable cases and cures,

which came under my immediate care ; likewise letters from persons who have been restored to health, strength, and happiness, after every other means had proved fruitless, and innumerable remedies had been tried in vain.

*Treatment.*—The remedies which I have found successful in curing this affection consist, first, in the application of a small or convenient-sized bag containing about an ounce of powdered camphor, to the nape of the neck, high up, or close to the hair—or as near to it as may be ; this camphor-bag should be worn particularly at night. The following injection should immediately be thrown into the water-passage or vagina, by a female syringe ; previously washing the passage out, however, with castile soap and water, rinsing afterward with clean cold water, and wiping dry with a towel passed into the vagina as high up as it can be conveniently carried.

*Injection for Fundament.*

Take, Best Socotrine Aloes, 3 grains.

Smoking Tobacco, 3 do.

Asafætida, 3 do.

Camphorated Oil, 3 drams. Mix,

and boil in a quart of water during a quarter of an hour. When sufficiently cool let the above injection be thrown up the fundament with a suitable syringe, of which I have a number of very superior ones that I have imported from France. They are not easily obtained here, excepting at a very high price, and even then it requires some experience to be able to select such as are appropriate for the purpose.

In treating this and kindred complaints, the judicious physician will employ the means best calculated to “soothe the sexual irritation, and restore the general health by tonics—if the patient be of a weak and irritable tempera-

ment; also by the use of acids, light, nutritious diet, and by cold bathing—if she is of a plethoric or sanguine habit of body. Spices and fermented liquors must be totally prohibited. Camphor taken internally, and cold, sedative applications to the parts affected, are beneficial in this disorder.” I prescribe camphor as follows :—

Take, Camphor, pulverized, 1 scruple.

Mucilage (gum), 2 drams.

Water, 4 ounces.

Mix, and form into an emulsion by shaking briskly in a corked bottle. Dose, one-third of the mixture three times a day, gradually increasing the camphor until one dram in bulk is taken daily.

The application of cold water, or water mixed with vinegar, to the space between the fundament and water works by means of cloths, as well as the use of cold water injections up the bowels, will be found very serviceable. *Warm* applications in some cases might be more soothing, and may be tried if the others do not agree. Those who can take cold sea baths daily, will be much benefited thereby.

When the venereal passion is very powerful, the following *Sedative Potion* will generally be found remarkably efficacious :—

Take, Pond-lily root tea (strong),  $2\frac{1}{2}$  ounces.

Camphorated water, 1 do.

Syrup of Poppies,  $\frac{1}{2}$  do.

Acetate of Lead, 8 grains. Mix.

One half of this mixture is to be taken every six hours. To be used *in connection* with the means already pointed out.

## CHAPTER XI.

### SATYRIASIS.

THIS is an affection in the male similar to the *furor uterinus* in the female, and is accompanied by powerful and continued erections of the penis or yard, and an irresistible and almost insatiable desire for connection. It is, I am inclined to believe from what I have seen of it, a nervous derangement or irritation in the cerebellum or posterior portion of the *brain*, in that portion of it which is said to preside over the venereal function.

Satyriasis is produced by immoral influences of whatever kind, such as debauchery, carelessness as regards the healthy cleanliness of the parts; obscene thoughts, libertinism, great mental excitement, and everything capable of sustaining or increasing this excitation of the imagination by carrying it off toward lascivious and demoralizing objects. I have rarely witnessed this disgusting disease except in men of a timorous or scrupulous disposition,—persons who stifle the importunities of nature by long-continued or absolute self-denial, arising, in most cases, from the force of circumstances. The use of cantharides or Spanish flies, internally, has the effect of producing this complaint by its violent stimulating property on the genital organs, whence the impression is reflected upon the brain, giving rise to the malady in question.

The symptoms of satyriasis are, frequent and easily-excited erections of the penis; lascivious ideas, voluptuous dreams, and nocturnal pollutions; the desire or rather *passion* for venereal intercourse, constantly increases until it becomes incessant: *all* women are generally equally handsome and fascinating to men laboring under this complaint. "The excitement is such that soon a species of *amorous delirium* develops itself, to the great danger of the individuals and others. Here, reason forsakes her empire, the victims give themselves up to obscene proposals and gestures toward females; in fact the unfortunate sufferer becomes a prey to the capricious *hallucinations* of a mind as dangerous as it is diseased: a raging fire consumes him, the pulse becomes strong, full, and rapid, the eyes are brilliant, and the face is excessively animated.

"If such a man has an opportunity, and circumstances are favorable to the gratification of his passion, he will repeat the venereal act a prodigious number of times,—to the terrible extent even of twenty, thirty, and forty successive times in a night! This is no exaggeration, such cases being recorded by reliable authors, as of not unfrequent occurrence. In a word, to such a pitch does this ungovernable rage carry a man, that *mortification* of the virile member has taken place, and *death* itself been the result of *inordinate coition*."—(*Bostwick*.)

*Treatment*.—Here we must not forget the *cause* of the disease, if we would be successful in curing it. Thus the individual should not observe such a rigorous abstinence; and he will take every precaution to dispel from his mind objects likely to disturb the imagination with unholy or lustful desires. He should work hard at his business whatever it may be; and if a professional man, serious

studies are to be preferred to others. I would recommend all such to read repeatedly and with attention, the book of Proverbs, in the Holy Bible.

During the height of the fits of passion, cold water and alcohol, equal parts, should be freely applied to the parts by means of cloths folded thin and dipped in the lotion; and the same application should be made to the nape of the neck; the camphor-bag, mentioned in the last chapter, should also be worn over night as there directed. Gall recommends refrigerants to the nape, and leeches behind the ears; in the use of the former I fully concur with him, but as to leeches, I have not found it necessary to employ them. The following potion will be found excellent to *calm* nervous irritation or cerebral excitement:—

Take, Confection of Sweet-briar, 2 ounces.

Nitre, 6 drams.

Acetate of Lead,  $\frac{1}{2}$  do.

Mashmallow Syrup,  $\frac{1}{2}$  ounce. Mix.

Dose, two drams every night for one week. For salacious individuals, whether men or women, this is an excellent *anti-aphrodisiac*. Five drops of laudanum and ten grains of powdered camphor may be added to each dose, if found necessary. Or the following sedative draught may be taken by those with whom the above may not happen to agree:—

Take, Strawberry juice, 5 ounces.

Raspberry do. 5 do.

Lemon do. 1 do.

Concentrated Pond-lily root Syrup, 2 do. Mix.

Dose, one-fourth of the mixture to be taken as directed in the foregoing prescription.

In concluding this chapter, I shall give the following



interesting cases, as being useful illustrations to show to what a terrible extent this passion, when diseased, may proceed, and as a lesson to youth and others, not to neglect *early* treatment, should they ever be so unfortunate as to suffer from so destructive a malady as satyriasis.

### *A Singular Request.*

#### CASE VI.

On the 19th of July, 1845, C. D. called upon me, and in the most earnest manner desired me to remove his testicles. I looked at him not a little astonished, as may very well be supposed. When I desired to know his reason for this singular solicitation, he replied that they had teased and annoyed him so constantly, both day and night, that he had no chance of a peaceful life until he was castrated.

I asked to see them, and when they were exposed, I was much more astonished at their enormous size, than I was at his anxiety to have them extirpated. He said that he was in the most perfect state of health, but that he every night had seminal emissions in his dreams, which were always about women, and of a lewd character. His propensity he described as being almost irresistible. He could scarcely control himself, and there was no other subject than sensual delights that occupied his thoughts. He expressed a fear that these feelings, being so intense, might, some time or other, overcome all the barriers of morality, and that he might, in consequence, become involved in serious and disgraceful difficulties.

I assured him, at once, that I could be of no assistance to him so far as the maiming was concerned ; that there was nothing the matter farther than that he had excessive good

health, and that nature had furnished him with organs of immoderate growth. I advised him to look out for a vigorous woman and take her to wife, and after that I was quite sure he would thank me that I had not yielded to his extraordinary demands. He left the office, expressing his determination to take them out himself, if he could get nobody to do it for him. In a few days after he called again, and urged and importuned me more strongly than ever to operate for their removal.

I lost sight of him for nearly two years, but was always curious to know how it fared with him. Being on the Battery one afternoon, I saw him walking with a very stout, red-haired, hearty-looking woman, who I immediately conjectured stood to him in the relation of a wife. I felt so strong a wish to know more of his late history, that I beckoned him toward me. He seated his companion, and recollecting me well, said, "Doctor, I am most happy to see you, and to thank you for your advice." Pointing to his friend—"There," said he, "is my wife. Is she not a pretty good specimen of womankind? I considered well upon what you said to me, and have now every reason to feel pleased with it. I have been perfectly contented since my marriage, and have a very pleasant home."—*(Bostwick.)*

### *A remarkable case of Satyriasis.*

Some years ago, a man was confined in the prison of Troy, in this State, for the perpetration of a rape. The offense was one of the grossest character, but it was one to which he did not hesitate in pleading guilty. His crime he acknowledged, but he declared that he had not moral power sufficient to hold in subjection his animal passions. He knew when he had time for reflection, that he had com-

mitted a foul and inexcusable wrong against the woman upon whom he had perpetrated the act of violence. He felt most keenly the degradation of his situation, and in the anguish of his soul he resolved to rid himself of those organs which had occasioned him so much misery.

With this intent he took a knife and completely removed both scrotum and testicles. The operation may not have been performed according to the most approved methods of surgery, but it certainly was as effectual a mode of castration as ever was invented. After the offending organs had been removed, he threw them into the street—thus effectually curing himself at a stroke, of a natural instinct, but which had with him become an actual disease.

Such cases as this furnish the moralist with questions not a little embarrassing to decide. Had not this man's amatory passions grown into a morbid desire? Was he not clearly laboring under what might properly be considered a species of monomania? He had, evidently, what is commonly described as satyriasis. Like the furor uterinus in woman, he had ceased to possess the power of controlling and regulating his propensity for sexual intercourse. His moral perceptions were not blunted, but they were overwhelmed in the wild tempest of his passion.

I would not, for an instant, become the apologist for crime—above all, would I not excuse offenses of this nature. But it must not be forgotten by philanthropists, that there may be, and there are, certain conditions in which the virtuous inclinations of men are soon exaggerated into frightful passions,

“ Which own no reason, and that know no goal.”

## CHAPTER XII.

### BARRENNESS OR STERILITY.

ACCORDING to some writers, “barrenness”\* is such a state of a woman’s body as indisposes it, upon the use of the natural means, to conceive and propagate her species. It may be properly reckoned among the diseases of females, as few married women who have no children enjoy a good state of health. It proceeds from many sources, and may be reduced under *two* general heads. First, an indisposition of the parts to receive the male semen in the act of copulation, or that vital effluvium streaming from them, which alone can impregnate the *ovum*. Secondly, an inaptitude to retain and nourish the vital principle after it is injected, so as to make it grow, and develop its organs, till it becomes a proper foetus.

The reception of the seed is prevented by many causes ; an immature age, when, by reason of the narrowness of the vagina, the woman cannot admit the virile member, or at least not without great pain, which makes her dislike copulation ; and old age has sometimes the same effect, for, in elderly virgins, the parts are so straitened for want of use, that they cannot, without difficulty, contribute to the means of generation. Conception is also hindered by a

\* Croswell.

hectic, hydropic, or feverish sickly habit ; by a deficiency or obstruction of the menses, when the natural briskness of the blood is wanting ; by an immoderate flow of the courses, which impoverishes the fluids ; by leucorrhœa or the *whites*, which continuing too long, relax the vessels of the uterus, and *drown*, as it were, the prolific particles ; and too often by *secret venery*, which utterly destroys the tone and vigor of the parts.

This may be especially the case on the side of the man, since it induces seminal weaknesses, and a want of proper erections. When there is a total want of erection, or of the seminal fluid on the part of the male, generation is not only *impossible*, but the cure very precarious and difficult. (In such cases, it is absolutely necessary to consult some judicious physician, who is acquainted with the disease.) But preparatory to the cure of sterility in either sex, it is proper to use evacuants, unless particular symptoms show them to be dangerous. The following is very good to begin with :—

Take, Infusion of Senna, 6 ounces,  
Sulphate Magnesia,  $\frac{1}{2}$  ounce.

Mix.—Dose for a male, three table-spoonsful two or three times a day, for a couple of days ; for a female, two table-spoonsful of the mixture, twice a day, for the same length of time, will be sufficient.

[N.B.—For the preparation of all the medicines mentioned in this work, not detailed in the *body* of the volume, see APPENDIX, at the end of the book.]

Mild purgatives, such as the lenitive electuary, and a mild vomit of 15 or 20 grains of ipecacuanha, especially if the person is plethoric or full-blooded, will be found of the greatest benefit, as preparatory measures previous to commencing the cure. The following tincture may be

resorted to three or four times a day, as the age or constitution of the patient may require:—

Take, Gentian, bruised,	2 ounces,
Colomba, do.	2 do.
Orange Peel,	2 do.
Cardamon Seeds,	$\frac{1}{2}$ ounce,
Spirits of Wine,	2 pints.

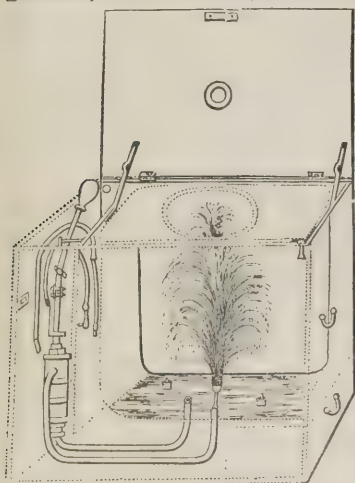
Put the ingredients into a bottle, and then pour on the liquor. Cork well, shake briskly, and put it aside in a warm place, for seven days; filter through a bit of flannel. Dose,—one to three teaspoonsful three times a day. This is an excellent tonic and stomachic, and will be found very useful in cases of debility, &c. It greatly warms and purifies the blood and juices, increases the animal spirits, invigorates and revives the whole human machine, and not only raises the appetite to venereal embraces, but removes the usual impediment to fertility (in connection with the application of other means, such as cold bathing, frictions, &c.) and prepares the womb for performing its office, and the *ova* for impregnation. I also employ certain other means for the cure of barrenness, which I would gladly mention here, as my object in writing this volume is to enlighten the public sufficiently concerning the art of medicine, as to enable *all* to be their own doctor, in the *great majority* of cases; but there are certain *delicate* and difficult complaints, of which *barrenness* is one, when I would advise patients to consult some judicious physician; there being certain details connected with these diseases, which cannot be, with propriety, explained in a book. I will conclude this chapter by giving the following formula for preparing an excellent medicinal cordial, which the patient will find admirable to warm, comfort, excite, and strengthen the generative organs in a healthy manner.



All common cases of sterility may generally be *cured* in a month or six weeks, a longer time being seldom required where the person goes through a regular course of treatment; such at least has been my experience up to the present period.

Take, Comfrey root,	$\frac{1}{4}$ pound,
Elecampane root,	2 ounces,
Hoarhound,	1 ounce,
Water,	3 quarts.

Put the above ingredients into the water in a suitable vessel, and place it over a fire, and let it boil down to *three pints*; strain, and add while warm, half an ounce of pulverized *beth-root*, three half pints of French brandy, and one pound of loaf sugar. Dose:—Half a wineglassful three times a day. This I would recommend in all female weaknesses as well as in this complaint; also in falling of the womb, whites, debility and relaxation of the genitals, in both sexes, weak-back, &c.



ASCENDING DOUCHE BATH.

Useful in the foregoing complaints of Genital Debility, &c.

## CHAPTER XIII.

### ON OTHER FEMALE COMPLAINTS.—OF THE MENSES, ETC.

I SHALL first describe the functions of the female sexual organs in a healthy state, and then proceed with their morbid or diseased conditions, as they are found to occur in practice.

The monthly flux in females sometimes, though rarely, comes on before the age of puberty ; thus, this discharge has been known to take place in infants six months old, and much oftener between the ages of six and ten years. The reason of this anomaly is not well understood ; it has been remarked, however, that young girls of this precocious character are marriageable at what we may call a *tender* age ; and they bear children in the most natural and easy manner imaginable, without the smallest accident or danger whatever.

A late author\* on Obstetrics has the following excellent remarks on this subject. According to this observer, the genital organs of the female child are very different from those of the adult. “The uterus of a child is about the size of the little finger ; its walls are thin and of a pale color. The ovaries also are very small, in comparison with those of the full-grown woman, in whom these

\* Gouch, on Obst.

organs are as large as a pigeon's egg. The genitals of children are not only small, but they perform no function, pour out no menstrual fluid or blood, excite no passion; and if the act of connection should take place, no conception would follow. Although the girl may have attained to the stature of a full-grown woman, the organs of generation remain diminutive, and exercise no office until the age of *puberty* arrives. But at this period they undergo a considerable change, both as to development and function; the general appearance of the female is much altered; and if you have not seen her for some months, you remark how womanly she has become; she is much broader across the hips, her breasts are enlarged and full, and there is a general rotundity or plumpness of the whole body. These appearances do not continue long before she feels a fullness and lightness in her head and breasts, pain, weight, and a dragging sensation about the loins, and in the region of the matrix, with a hot skin and a rapid pulse. These symptoms evidently arise from local irritation in the womb; they will disappear without being followed by any discharge, but in a short time they return, and continue for a few hours, when there issues from the vulva a fluid, which at first appears like water tinged with blood, but after a few ounces have been discharged, it becomes of a redder color, and then ceases; when the above symptoms subside, and are succeeded by a sense of languor and faintness. 'This is the manner in which the menses make their *first* appearance. At the end of some months after their *début*, the same symptoms return; and being subsequently repeated at some few periods, menstruation is established: this process recurring with almost mechanical regularity, every month, unless pregnancy, nursing, or certain diseases, interrupt the natural functions.'

The period of life during which this discharge takes place, is from about the age of fifteen to that of forty-five—sometimes earlier and sometimes a little later. Some diseases do not interrupt in the least the menstrual flux. In the commencement of menstruation, there is generally great susceptibility of the nervous system, manifested by flushing of the face upon any slight emotion. Physiologists have endeavored to explain the menstrual function; but the development of the organs] which produce it has been overlooked. It has been said that the moon has an influence on its occurrence; but if such were the case, *all* women would have their courses at the same time,—thus making a sort of universal flood-tide; but as some or other women are menstruating every day, we may look upon this notion of lunar influence as all “*moon-shine.*” That this process depends upon plethora or too great a quantity of blood in the system, seems also an objectionable explanation. Men and animals, for instance, also, attain *their* full growth; this doctrine founded on a supposed superfluity of blood, equally applies to them; yet they do not menstruate.

More modern investigators have observed that, on the full development of the ovaries and uterus, the menstrual discharge commences. This discharge has been thought by some to proceed from the vagina, but during pregnancy, when the mouth of the womb is hermetically sealed, it does not occur. Sometimes, indeed, menstruation takes place during pregnancy; but we are not to draw our conclusions from *one* case out of a thousand, but from nine hundred and ninety-nine cases out of a thousand. In the disease called falling down of the womb, the fluid has been seen issuing by the drop from the mouth of the womb. This flux is then poured out by certain ves-

sels which terminate on the inner surface of this organ. The quantity of the discharge evacuated each month varies in different women and in different climates. In cold northern regions it is scanty; in this climate, moderate; in warm climates, profuse. It has been thought, both by civilized and savage nations, that this fluid possesses poisonous qualities, of a kind so virulent or peculiar, that if a menstruating woman walked three times round a garden, all the flowers would be blighted and all the caterpillars killed.

The time of the first appearance of the courses varies in different climates. In this country, at about the age of forty-five the functions of the uterus are nearly at an end, hence these two periods—the beginning and final termination of this discharge—are rendered the most critical in the whole life of females, and the greatest care is then necessary, as their future health and happiness depend in a great measure upon their good conduct at *these* times. When the courses are about stopping forever, the discharge begins to grow scanty in quantity, and irregular in its returns, until it at length entirely ceases. At this time the breasts diminish, the ovaries become smaller, the womb is contracted to almost a stony hardness, the sensitive and conceptive functions are wanting, and thus the state of woman essentially resembles that before puberty. When the important period of menstruation arrives, much depends upon proper management. Says a writer, “a sedentary life, restraint and confinement at that time, are unfavorable, while moderate exercise, the open air, cheerful society, and indulgence, are highly requisite and greatly conduce to the maintenance of health. Hard work, and exposure to much cold and damp air, are too dangerous to be hazarded, even among the poorest people, inured to all

kinds of rough weather. In some females the menses are very irregular, sometimes happening on the twenty-seventh day and sometimes on the thirtieth." Dr. Baudeloque mentions that he has known women to have their courses twice a month, without the least injury to their health; while others have not had them even once a month. Other obstetricians mention the same facts. The same irregularity is observed in respect to the duration of the flux, for in some it continues three, in others four, and even six days; however, for the most part, according to Hippocrates, it terminates on the third. Having thus described the functions of the female sexual organs in their healthy state, I will now proceed to treat of their morbid peculiarities.

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*Menorrhagia, or Immoderate Evacuation.*

The flow of the menses may be increased to such an excess, that the loss of so much fluid may produce extreme debility, and prove highly injurious to the constitution. A *large* flow of blood from the uterus ought not to be neglected, particularly if accompanied with loss of strength, which may give rise to other more serious symptoms of lassitude and debility, as a want of appetite, crudities from indigestion, a sense of weight in the region of the stomach, pale color of the face, a slow pulse, swelling of the feet and legs, and disturbed sleep without refreshment. When this discharge is occasioned by an error in the patient's regimen, an opposite course to that which induced the disorder must be pursued.

*Symptoms.*—If this disease has existed for a considerable time, the body suffers much from the drain on the circulating system or blood. For want, therefore, of the usual supply of blood, the face becomes bleached, the pa-



tient is tormented with nervous headaches, the pain of which is confined to one spot, dizziness, singing in the ears, drowsiness; the body is chilly, the hands and feet cold, the heart pulsates feebly, and the pulse at the wrist is consequently small and languid. This disordered state of the brain is owing to a deficiency of the natural supply of the nervous fluid or electricity, causing a stagnation of blood therein, and is very similar to that which arises from too great a supply of this fluid. A person threatened with apoplexy, for instance, has headache, vertigo, singing in the ears, etc., the cause of which symptoms is an excess of the nervous fluid, producing congestion, which is *apoplexy*. The same sensations may be experienced by a woman who has only half the usual quantity of this fluid sent to the brain, on account of the paucity of blood in her body; and she feels as if she were always in danger of falling: this sensation occurs even on suddenly turning her head.

TREATMENT.—The cure may be commenced with the following preparation or *Female's Assistant*. It will be found a valuable remedy.

Take, Crane's-bill, bruised,  
 Comfrey, do.,  
 Beth-root,  
 Motherwort-root,  
 Whitewood bark, of each,  $3\frac{1}{2}$  ounces.  
 Orange peel, 1 do.  
 Cinnamon,  $\frac{1}{2}$  do.

Bruise all of the above ingredients, and infuse in three quarts of good Malaga wine, and sweeten to the taste. After it has stood twenty-four or forty-eight hours, it is fit for use. Dose, from one to two table-spoonsful three times a day. This is also an invaluable medicine for the whites.

The effect of the above is to counteract the morbid condition of the blood, and to restrain the flow by astringing, and giving tone and strength to the vessels of the uterus, whence this immoderate discharge proceeds.

The patient must be kept quiet and easy, both in body and mind; and all causes of excitement should be strenuously avoided. If the discharge should be very violent or profuse, she ought to lie in bed with her head low, and live upon a cool, slender diet, as veal or chicken broth, with old bread; and drink a decoction of *nettle roots* and comfrey; or two drams of *alum*, and one dram of japan earth may be pounded together, and divided into nine doses or equal parts, one of which may be taken three times a day. It sometimes happens that some cannot bear alum on their stomachs, and in such cases two table-spoonsful of *Kino* may be taken in two tea-spoonsful of the Female's Assistant, three or four times a day; adding to each dose eight drops of tincture of opium. Should this fail, which is very seldom the case, let the following be taken:—

Take, Peruvian bark, pulv.,  $\frac{1}{2}$  dram.

Aromatic Elixir of Vitriol, 10 drops.

Best Port Wine, 2 ounces.

Mix. To be taken at a draught four times a day. A pint of cold water injected up the bowels thrice a day has an excellent effect, and I earnestly recommend it to women laboring under this complaint. If the bowels are costive, or at all unnatural, a cooling purgative, as half an ounce of Epsom salts, in two-thirds of a tumblerful of water, should be taken. The following *Indian Remedy* is said to be remarkably efficacious in arresting this inordinate discharge; it is simple, and I believe will generally give satisfaction.

Take Yarrow,  
Mullen,  
Crow-foot,  
Red-Alder bark, of each, 1 ounce,  
Beth-root,  $\frac{1}{2}$  “

Bruise, pour on boiling water and make a tea. When cold, strain and drink a half tumblerful four or six times a day, or according to the urgency of the symptoms. Fomentations of equal parts of water, vinegar and spirits, applied by means of cloths over the abdomen (low down.) A tea made from *flea-bane* is also very good, drank cold. A woman's life, when almost expiring from an excessive discharge, has been saved by the above remedy.

Immoderate evacuations are produced by a sedentary life and want of proper exercise ; hence this is a disorder most commonly to be found among the rich, but seldom among the poor class of women, who have considerable exercise and live sparingly. It is also occasioned by too frequent use of salt, high-seasoned victuals, spirituous liquors, violent agitation of the passions, affections of the mind from losses, gaming, fear, anger, grief, &c. Too much exercise does as much harm, as moderate is serviceable ; especially if the patient is subject to this flux from other causes : such as too frequent repetition of the venereal act, or from a miscarriage.

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*Amenorrhea, or Suppression of the Menses.*

By this term is meant an absence of the courses. In some women, they have never appeared, although they may have arrived at the age of puberty ; and sometimes the menses come on at a very late period and are very small in quantity : at other times, from having taken cold, the woman's courses are suddenly stopped or driven back

and thrown upon some other part, as the brain, lungs, &c. When this happens the disorder is what I should call a *true suppression*.

*Symptoms*.—The first appearance of the menses in girls who never had them before, is generally preceded by a sense of heat, weight and dull pain in the loins, distention and hardness of the breasts, headache, loss of appetite, lassitude, paleness of the countenance, weariness of the legs, sometimes a slight degree of fever, and during the flux a nausea and faintness. When these symptoms are observed about the age at which the menstrual flux usually begins, such things should be carefully avoided which are most likely to obstruct that necessary and salutary evacuation; and all the means used to promote it, as sitting frequently over the steam of warm water, drinking warm, diluted liquors; and other means which I shall minutely describe in the following pages.

As soon as a healthy female arrives at her full growth, she generates more blood than can be conveniently contained in the vessels; wherefore the superfluity is evacuated by the uterine arteries, and this is called the menses or *months*; but from whatever cause this flux is obstructed (except in a state of pregnancy), means should be used immediately to restore it. Females who have arrived at the period when the menses usually begin to flow, and they do not appear, should be placed in a situation where they can have exercise, and enjoy the benefit of fresh air and agreeable company, instead of being kept confined to the house; and the following *Tincture* should also be taken:—

Take Pink Blossoms,

Smellage Root,

Pleurisy Root, of each, 2 ounces.

Add one quart of best brandy and one pound of sugar.

Dose, two table-spoonsful three times a day. Repeat until cured.

A gentle dose of purgative medicine would be good to take twice a week or so. Wholesome food and amusement should likewise be attended to. There is then no fear but that Nature, assisted by this salubrious *Tincture* and proper exercise, will soon do her work. Should the patient be at any time in severe pain, the following opiate may be administered:—

Take of Tourtall's Anodyne Tincture,  
from 15 to 25 drops, or from two to four grains of the  
Soothing Powders, and repeat if necessary. The mode of  
preparing these medicines will be found under the head of  
*Remedies*, in the Appendix at the latter part of the volume.  
When the stomach is out of order, an emetic may be taken  
and repeated once a week, *provided* there exist no ten-  
dency of blood to the head from plethora or other causes;  
the Ipecac and Lobelia Emetic is very good for this pur-  
pose: it is prepared in the following manner:—

Take Pulverized Lobelia,	$\frac{1}{2}$ ounce,
Ipecacuanha, pulv.,	$\frac{1}{2}$ “
Blood-root,	30 grains.

Mix: Dose, a small teaspoonful every half hour until it operates. Vomiting is easier brought on by drinking a plenty of warm water or chamomile tea. My usual plan is, if the first dose does not vomit, to repeat it, although this is seldom found necessary.

After the operation of the emetic is over, let the following bitters be given; they will be found exceedingly valuable:—

Take Best Socotrine Aloes, pulv.,	$\frac{1}{4}$ ounce,
Seneca Snake-root, “	$\frac{1}{2}$ “
Wild cherry-tree bark, “	1 “

Prickly-ash bark,	pulv.,	1	ounce,
Devil's-bit,	"	1	"
Tanzy,	"	$\frac{1}{2}$	"

Add to the above ingredients one pint of boiling water and two quarts of the best Holland gin. Let it stand twenty-four hours. Dose—half a wineglassful three times a day, to be continued until the cure is effected.

I recommend patients to sit over a pan of bitter herbs, or steam from a suitable vessel, half an hour every night or oftener, drinking freely of motherwort tea made strong, at the same time. Flannels wrung out of hot water should also be applied over the lower part of the belly. In some desperate and obstinate cases, I have found it necessary to prescribe the following pill:—

Take Gum Myrrh, pulv.,	
Cream of Sulphur,	
Steel filings,	
White sugar, pulv., each,	1 ounce,
Malaga wine,	1 quart.

Simmer the above over a slow fire until the mixture becomes dry or baked, as it were; take the vessel from the fire, and if perfectly dry, powder the mass, and with a little mucilage make the powder up into pills of common size. Dose, four pills three times a day.

The following is also excellent:—

Take Red oxide of iron,	1 ounce,
Powdered red pepper,	2 drams,
Sicily wine,	3 pints.

Mix: Dose, a tablespoonful, more or less, every four hours. The following is a most valuable *pill* in this complaint, and may be taken, should it be preferred to the above:—

Take White turpentine,	3 drams,
Sulphate of iron,	1 dram,



Mix : make into common size pills and take two three times a day. Many a young woman's life has been saved by them ; and in many cases I regard them as almost infallible.

The female constitution, as justly observed by a late author, being of a more delicate conformation, and having a finer texture of *nerves* than the other sex, gives women a quickness of sensibility and great promptitude of expression ; it softens their manners, refines their ideas, and produces a lively sense of pleasure and pain. But while they enjoy these advantages, and are deservedly objects of affection and esteem, the softness and peculiar construction of their frame subjects them to painful and critical vicissitudes, which, as they affect not only their health, but also their temper, fully entitle them to all possible lenity and indulgence. We are continually witnessing effects from these causes on the functions of the sexual organs.

When the menses are about appearing or have already done so, great care should be taken to avoid everything which may have a tendency to obstruct them in future. Females ought to be extremely cautious what they eat and drink when they are unwell ; everything which is *cold*, or apt to turn sour upon the stomach, should be always avoided. But if it happens that anything has been eaten which was improper, and the effects begin to be perceptible, a dose of the *Female Strengthening Tincture* will give instantaneous relief ; should this not be at hand, a little warm brandy and water, sweetened, may be taken instead ; it would be well, however, never to be without the *Bitters*.

That which is of all things to be dreaded in suppression of the courses, is *COLD*. More of the female sex date their troubles from colds caught while they were out of order,

than from any other cause ; this ought surely to put them upon their guard, and to make them very circumspect in their conduct at such times. And the same author again remarks that a degree of cold that will not at any other time do the least injury, will at this period be sufficient to ruin their health and constitution.

The greatest attention likewise should be paid to the *mind*, which must be kept as easy and cheerful as possible. Every part of the animal economy is inflamed by the passions, but none more so than the uterus ; anger, fear, grief, and other affections of the mind, often occasion obstructions of the menstrual discharge, which prove very difficult of cure, unless in the hands of a very skillful and careful physician.

When obstructions proceed from a *weak* or *relaxed* state of the solids, the Strengthening Bitters ought by no means to be omitted, along with such medicines as tend to promote digestion, to brace the solids, and assist the body in preparing good blood. Half a teaspoonful of the prepared *carbonate of iron*, with a little of the *Aromatic Tincture*, may be either taken together or separately, as is most agreeable to the patient.

In those cases of obstruction from a viscid or diseased state of the blood, in women of a strong and full habit, evacuants and such medicines as attenuate the humors, are necessary ; in this case the patient ought to bathe her feet in warm water frequently ; to take occasionally a cooling purge, and the following pills I have found very valuable for that purpose :—

Take Socotrine Aloes,	1 dram,
Iron filings,	2 scruples,
Precip. sulph. of Antim.	$\frac{1}{2}$ dram,
Podophyl. peltat.	1 scruple,

Oil of Savin,                      20 drops,

Simple syrup, enough to make a pillular mass, which is to be divided into 32 pills. Dose, two pills every night on going to bed, which dose may be increased to three pills, if necessary. The above is a fine Monthly Pill, which is found in many cases to work like a charm, as the old saying is.

Her diet should be moderate in quantity, but of a nourishing quality ; and her drink had better be either whey, water, or small-beer, if it agrees, with a teaspoonful of the Bitters therein ; and she should by all means take sufficient exercise.

As obstructions of the menses are often the effects of other maladies, which females are apt to bring upon themselves, by that terrible habit of self-indulgence, of which more will be said hereafter, we should by all means endeavor to restore the patient's health and strength. For this purpose, as before mentioned, the *Strengthening Bitters* is admirably adapted. To instruct girls very early in their conduct and management of themselves at this critical period, is, as Dr. Burdett and other writers justly remark, the absolute duty of mothers, and those who are intrusted with their education. Ignorance or inattention to what is beneficial or hurtful at this time, is the source of many diseases and misfortunes in life, which a few sensible lessons, from an experienced matron, might have prevented. Nor is care less necessary in the subsequent returns of this discharge. Taking improper food, violent affections of the mind, or taking cold at this period, are sufficient to ruin the health, or to render the female ever after incapable of procreation.

*Chlorosis, or Green Sickness.*

Gooch, a modern medical writer, well observes that, if in girls who have attained the age at which this change is customary, the sexual organs are not developed, a deranged state of the constitution occurs, characterized by peculiar symptoms. You may remark in a girl at the age of puberty, who does not menstruate, or but imperfectly, a waxy, tumid or puffed face, disordered digestive organs, palpitating heart on the slightest exertions, debility, and indolence, with an inactive mind and disturbance of the nervous system, as a puffed up, or bloated face at the breakfast-table, and at night swelling of the ankles, a decrease in the swollen face as the day advances, and a depraved, though not deficient appetite.

To these symptoms I will add, a torpid state of the bowels, with perhaps clay-colored or whitish evacuations therefrom. These symptoms constitute what is called *Chlorosis*, or retention of the menses. The blood is, moreover, of a pale red color and watery, like the juice of a cherry.

The *cause* of this disease is an obstruction in the vessels of the womb of young females, when their courses *should* begin to flow ; this obstruction depends upon debility, not only in the uterine arteries, but of the general system, from an impoverished and attenuated state of the *blood*. Besides the symptoms above enumerated, the countenance assumes a sallow, pale or *greenish* color ; a difficulty of breathing, a sickness of the stomach at the sight of proper food, sometimes an unnatural desire to eat chalk, charcoal, stones, tobacco-pipes, sealing-wax, and other things of an injurious and improper nature. The stoppage of the menses is not always the only cause of the malady ; for they sometimes, though seldom, flow regularly in the pro-

gress thereof. According to *Etmuller*, the suppression of the menses is rather the *effect* than the cause of this disease. *Sydenham* regards the complaint as a species of *hysteric affection*, which is known by the paleness and discoloration of the face, and indeed of the whole body.

Chlorotic patients are generally of a sad, melancholy temperament or disposition, shunning alike exercise and society ; but, “solitary and alone,” they wander, wretched and dejected in the extreme. They are also often tormented with neuralgic and hysterical complaints of all sorts, which render them wearisome to their friends and to themselves.

Chlorosis undoubtedly arises, in most cases, from stifling or suppressing the calls of nature at this vernal season, or juvenile spring of life, when the primary command of God, “*Increase and multiply*,” is most sensibly impressed upon the whole human fabric. Every tube and vessel appertaining to the genital system being now filled with their appropriate stimulus—the procreative fluid excites in the female a powerful, if not involuntary excitability or irritation of the parts, which strongly solicits the means of discharging their burthen by venereal embraces. These, from prudential motives, being often necessarily denied, the prolific essences seize upon the stomach and viscera ; dam up and vitiate the catamenia ; choke and clog the perspiratory vessels, whereby the venous, arterial, and nervous fluids become stagnant, and the leucophlegmatic or white, flabby dropsical appearance pervades the whole body like one continued tumor, and quickly consigns the unhappy patient to the arms of death. In this manner, I am sorry to say, are thousands of the most delicate and lovely girls plunged into eternity, in the very blossom of life, when female excellence is just budding forth, big with

the promised fruit of rapture and delight. How much, then, does it become the duty of parents and guardians, who have daughters or wards in situations like these, and where no very gross objection can arise, to suffer them to marry with the men they love, as it will effect the most rational and most natural cure, by removing the causes of the complaint altogether.

Though the sex ought to be cautious of listening to, or encouraging the addresses of vain and trifling persons, who from frivolousness of character, rove about from one object to another, without once having a spark of real affection for any, but make love for entertainment, and substitute compliment and flattery instead of the sincere effusions of the heart; yet when the prospect is such as promises the parties concerned the enjoyment of happiness, the nuptial union ought not to be too long delayed; and when this is the case, parents indeed, with common prudence and humanity, will consult their children's welfare of both mind and body, and do everything in their power to promote the health and comfort of each.

If, however, matrimony be not then convenient, nor likely in a short time to take place, recourse must immediately be had to proper regimen and physical aid, otherwise delirium or consumption is liable to ensue. The following will generally produce the desired effect, and quickly work a cure:—

Take, Briony, (the leaves,)

Pennyroyal, do.,

Mugwort, do.,

Yarrow, do., of each one ounce;

infuse these herbs four days in two quarts of water, and then strain off the liquor for use—bottle it up, and take a wine-glass two-thirds full, with two teaspoonsful of the



*Strengthening Bitters* (see page 149), added to each dose, three times a day, namely, morning, noon, and night, to be continued until the patient finds relief, and is entirely free from every symptom of the disease. For this complaint, which hurries thousands of amiable young females into *consumption*, the above preparation is the best remedy ever employed. It unclogs the genital tubes, purges and cools the uterus and vagina, by its remarkable detergent properties, promotes the menstrual discharge, cleanses the urinary passages, is an excellent diuretic as well as deobstruent, dissolves the viscid and acid humors of the blood, sharpens the appetite, stimulates the nerves, and invigorates the spirits, which in all stages of *chlorosis* are more or less depressed.

In all cases where the bowels are inclined to constipation, or are at all bound, the following purgative may be taken :—

Take, Carbonate of Iron,           12 grains,

Watery extract of Aloes,   5 grains,

Mix, and make into eight pills. Dose—Four pills morning and night; if too active, decrease the number to the required extent. The diet must be nutritious, consisting of animal food, wine or porter—whichever agrees best—few vegetables, together with exercise, pure air, &c. If living in a town or city, the patient should, if convenient, go into the country; regular exercise must be taken daily by walking or riding; the latter (if it be riding on horseback) is to be preferred. The effect of *exercise* in this complaint is such, that it is sometimes cured by this alone; but without the advantages to be derived by this means, medical skill will prove unavailing.

*Fluor Albus, or "Whites."*

This disease consists, for the most part, in the discharge of a whitish mucus, or of a lymphatic, serous, or watery humor, from the matrix or womb, as well as from the vagina,—the inflammation here being visible, with the aid of the speculum, is seen to affect both alike in the same degree. Sydenham mentions, that the efflux is sometimes white, sometimes pale yellow, green, or blackish (bloody); sometimes it is sharp and corrosive; sometimes foul and fetid; the face is discolored; there is a pain in the small of the back, loins, and thighs; the appetite is lost, or much impaired, and the eyes, legs and feet swell.

*Causes.*—The whites are most generally produced by a weakened or debilitated state of the body, chiefly from indolence, excessive venery, abortion, the use of pessaries, immoderate drinking of tea, coffee, or any other weak, watery diet. Some women have a periodical flow of the whites instead of the menses.

*Symptoms.*—This affection is a common and very prevalent one, but it is more frequently so in women approaching the critical period of their lives—the “turn of life.” In the first place, it is necessary to be able to distinguish between the acute and the chronic forms of the complaint, as the treatment will be different according to the degree of inflammation present in the parts. It is ordinarily attended with a pain and weight in the small of the back, hips, and loins, more or less heat, and smarting in making water; the urine is cloudy; the appetite is capricious and deviating—loathing for some things and a longing after others. Sometimes it is merely a local complaint of no great consequence, unattended with pain or any constitutional disturbance, there being a simple running from the parts, of an insipid, watery fluid; but at other times it is

complicated, with much constitutional disorder, such as derangement of the stomach and bowels, lowness of spirits, and general debility; there is a pale, leucophlegmatic countenance, with a dark circle around the eyes.

Barren women, and those who are most liable to miscarry, are chiefly troubled with the whites. The feet swell by day, and the face during the night. It is accompanied with a difficulty of breathing, and a palpitation of the heart. The matter discharged is sometimes so sharp as to excoriate and ulcerate the parts, which, however, may soon be healed by a little common cerate or salve, after we have succeeded in checking the discharge. Chlorosis, if permitted to go on unchecked in its career, induces dropsy and consumption, through the debility with which it is attended. Hence, if the complaint is neglected in this manner, and is not speedily relieved, it puts a period to the patient's existence, so that it is not a disease we can trifle with. It is sometimes attended with so much pain, that the patient cannot bear conjugal embraces any longer.

Accidents are not unfrequently committed by physicians of the *ancient regime*, from confounding the whites with certain forms of venereal; from which affections it may readily be distinguished, however,—and which it is sometimes of great importance to know,—by remembering that the *whites* cease at the time of the menses, and do not appear again until they are over: whereas, a *venereal* running remains constantly upon the patient, even at the same time with the monthly discharge. Dr. Wallace relates a case of chlorosis which lasted four years, during which time the disorder returned regularly every new moon, and continued eight days.

Young unmarried women of a weakly constitution, as well

as married women and widows, are often troubled with the whites; indeed there are few of the sex, especially such as are in any way sickly, but have experienced it more or less.

TREATMENT.—In describing this disease, we have seen that it is one of debility or weakness, for which reason the means made use of to cure it must be of a nature to impart tone and energy to the system. If the bowels are bound, I order such a purgative as is best suited to the patient's temperament; and the following is very good, viz. :—

Take, Extract of jalap,	3 grains.
Cayenne pepper,	1 do.

Mix and form into a pill, which is a dose. Should one not be sufficient, make a larger quantity and take two or three, according to the state of the bowels, &c. This makes an excellent pill in weak and nervous constitutions.

Should the discharge be so acrid as to create pain and scalding, heat in making water, &c., the following *Refrigerant Drops* will prove a sovereign remedy therefor. I have tried it in innumerable cases, and have never yet been disappointed in its efficacy. The knowledge of this *single* receipt is worth more than ten times the cost of this book, to any person.

Take, Nitre dulcis,	1 ounce.
Clarified Balsam Copaiba,	$\frac{1}{2}$ do.
Sweet Almond Oil,	1 do.
Turpentine Spirits,	$\frac{1}{2}$ do.
Pulverized Camphor,	10 grains.

Put the above ingredients into a four-ounce vial, and shake well for a minute or two, and it is ready for use. Dose.—One tea-spoonful in half a wine-glassful of an emulsion of gum Arabic, or the mucilage of slippery elm

—either of which is made by dissolving the articles in a suitable quantity of warm water. In nephritis, or inflammation of the kidneys, the above is also a most useful remedy.

The patient should take exercise, and let her drink rather freely of red Port wine, or Claret, mixed with Seidlitz, Rochelle, or pure water. Both *tea* and *coffee* are to be prohibited, being hurtful on *all* occasions. Strong broths and a milk diet—provided the milk be pure—As-truc says are exceedingly good in this *disease*; to be taken three times a day, or for breakfast, dinner, and supper. The patient must eat few vegetables, and little or no fruit, and drink red Port wine at meals.

I have frequently succeeded in curing this complaint with the following preparation *alone*; it is a French remedy,—or, rather, it is a favorite medicine with the physicians of Paris. While I was attached to the *Hôpital de la Charité*, in that city, I had daily opportunities of seeing this remedy used, and observing its effects on the patients in that institution; but I have long considered it a valuable medicine, and in proper cases have employed it more or less, ever since I commenced the practice of medicine. It is prepared in the following manner:—

Take, Tincture of Socotrine Aloes, 2 ounces.

Muriated Tincture of Iron,  $\frac{1}{2}$  do.

Mix. Dose, 35 drops three times a day, in a little water. The following injection should be thrown up the vagina with a female syringe, three times a day, during the employment of the above tincture; it is thus prepared:—

Take, Sugar of Lead, 2 drams.

White Vitriol, 2 do.

Pure soft Water, 1 quart. Mix.

Patients troubled with this complaint should on no account

lie long in bed ; and nothing can possibly be better for the common beverage than the following decoction :—

Take, Tormentil roots,

Bistory,

Comfrey, and

Rose leaves, of each 1 ounce. Mix.

Upon a handful of which pour three half-pints of boiling water. Let it stand half an hour to steep. When cold, add two teaspoonsful of the *Strengthening Bitters* to every half-tumblerful, which is a dose, and is to be drank occasionally through the day and evening. Continue the use of this tea for eight or ten days, or until relief is obtained.

Under this treatment, the disease will speedily abate ; but upon any symptom of a return of it, take 30 drops of the pure balsam copaiba on a lump of sugar, three times a day, and it will entirely pass off. In warm weather, the *cold* bath will prove very efficacious.



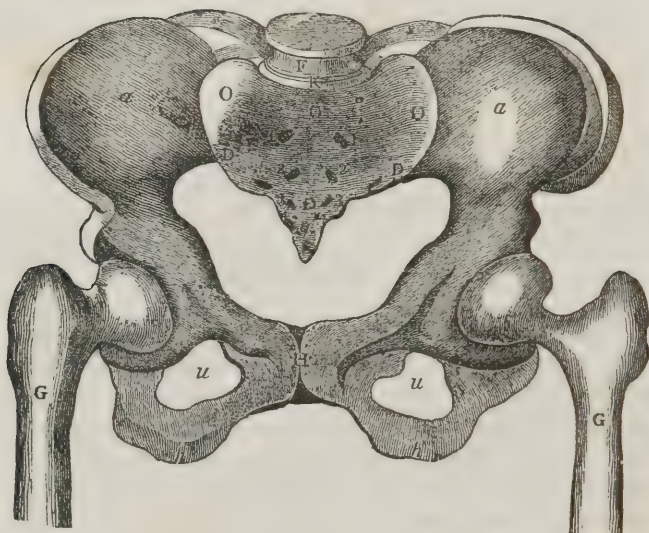
## CHAPTER XIV.

### PREGNANCY, OR CHILD-BEARING.

THE propagation of the species, whether among animals or vegetables, consists in the separation of a certain portion from themselves, which substance has the peculiar power of living, growing, and becoming like its original; but what the nature of the substance which displays this singular power is, we know not, although we have reason to believe it is analogous to electricity, or that it is a modification of that subtle element. An opinion has been entertained, that no process of animal organization could produce this peculiar substance, and that it had its origin at the *creation of man*: this is the doctrine of EPIGENESIS, and its advocates maintain, that as there was only one creation, so when Adam and Eve were created, all future beings were created also.

Pregnancy cannot properly be called a *disease*, although attended with a great variety of complaints which require much attention and care, but for the cure or alleviation of which, medical aid has hitherto proved very deficient:—so in these complaints the following Detergent Cordial (hereafter to be given), exerts most extraordinary effects, and excels, in my opinion, whatever has been hitherto offered under medical sanction.

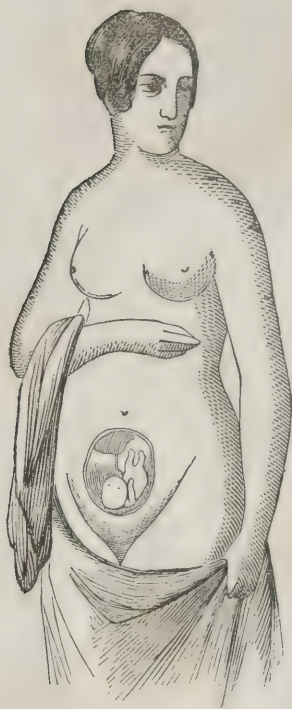
*Symptoms or Signs of Pregnancy.*—Conception, says



A WELL-FORMED FEMALE PELVIS.

*a a*, Ossa Innominata.  
*u u*, Foramen Ovale.  
*g g*, Femur, or Thigh Bone.

the learned Dr. Denman, is succeeded by many important changes in the constitution, and usually by affections of various parts of the body, which in the beginning of pregnancy, are esteemed *signs* that a woman hath conceived. These signs are, first, a cessation or suspension of the menses; second, a certain derangement of the stomach, termed *morning sickness*; on first awaking the woman feels as well as usual, but on standing upon her feet, a qualmishness comes over her, and shortly afterward retching or vomiting takes place. Some women, however, do not suffer at all, or but very little compared with others,



FŒTUS AT SECOND MONTH OF PREGNANCY.

who are sick from the time they conceive until they are delivered. In two or three months, certain changes may be noticed in the breasts: they swell and enlarge, with pricking and darting sensations, like those attending the commencement of menstruation. The color of the circle round the nipple, which in a virgin, is of the beautiful pink tint of a young rose leaf, now becomes changed to a dull brown, more or less dark in different women. In



AT EIGHT MONTHS OF PREGNANCY.

those who have blue eyes, fair complexion, light hair, &c., this change does not appear till late in pregnancy ; but in those of dark hair, eyes, and complexion, the color of the areola soon becomes deep. In the third month, but not before, the belly begins to enlarge, and gradually increases in size till the full term of pregnancy is completed. Between the sixteenth and twentieth week, the womb rises up into the belly and the motion of the child is felt, which is called *quickening*. The first time a woman is with child, this sensation of quickening is like that of a bird fluttering within her ; and it is sometimes so sudden, that she faints, or falls into an hysterical fit,—although this is by no means always the case. At other times she feels a tickling or pushing sensation ; or the child gives a kick or a jump, and this too with so much energy as to move the petticoats, a book, or any light article she may happen to have in her lap.

It is of importance to remember these symptoms, and the order in which they occur :—first, cessation of the menses ; second, morning sickness ; third, swelling, and darting pains in the breast, and dark color around the nipples ; fourth, gradual enlargement of the abdomen ; fifth, the movements of the child. In *ninety-nine* cases out of a hundred, if these symptoms are present, the woman concludes she is pregnant,—and she is right ; though in the hundredth, she *may* be mistaken. By this I mean, that although she may have *all* these signs of pregnancy, still she may not be with child ; but it is a fact that exceptions of this kind are very rare ; I would go further into details and give the “why and wherefore,” but the limits of this work will not permit me to do so : already I am encroaching upon prescribed bounds, but the importance of female diseases is such, and their being al-

most always hurried over by writers on popular medicine, have caused me to enlarge as far as practicable in a *manual*, on these delicate, and to the tender female, important maladies. During my travels in Europe a few years ago, I had unusual advantages for collecting *practical* medical knowledge on this subject not afforded in our own country, for reasons unnecessary to mention here,—having made Paris, the great school of the sciences generally, my residence for a number of years, for the express purpose of adding to my practice all the new and useful remedies, etc., employed in the Medical Art. The result of my researches has been a vast collection of *facts*, not generally known here, many of which I shall embody in this book, and which I flatter myself will be duly appreciated by all with whom the English language is conversant. I must again beg the reader's indulgence for this digression from the subject under immediate consideration.

The following is the mode of preparing the *Detergent Cordial*, to which I referred in the beginning of this chapter, and which is so deservedly a favorite remedy with the *accoucheurs* of the *Maternité* in Paris.

Take, Claret Wine (best), 4 ounces; Syrup of Refined Sugar, 6 drams; Extract of Columba, 10 grains; Tincture of Cinnamon, 1 dram; Tincture of Aniseed,  $\frac{1}{2}$  dram; Oil of Juniper, 3 drops. Mix.

The dose of this admirable mixture is half a table-spoonful every hour. The above may be considered as a universal purifier of all those heterogeneous and disturbing humors which tend to produce nausea and faintness of the stomach; for as it is according to the variation of the essences of life at this time, that vomiting, pains in the head and stomach, fainting, &c., arise, and which proceed from the various opposing forces arising from circum-



stances incidental to this period, as every woman is aware ; the origin of which comes from the disproportion in the constituent elements in the male and female *seed*, in their primary qualities, which are not only attended with great debility and depression to the mother, throughout her whole *nervous system*, but frequently with hereditary diseases and untoward consequences to the infant offspring—consequences to be dreaded and avoided by all *mothers* ; and which nothing but the powerful exertion of the active faculty of nature can preserve from falling a prey to the morbid and vicious elements which so contaminate the procreative fluids in their *mixed* state.

Pregnant women are often afflicted with the heartburn, sickness and vomiting, especially in the morning ;—likewise both the headache and toothache are very troublesome symptoms of pregnancy. The former may generally be removed by keeping the body gently open with senna and manna, prunes, figs, roasted apples, Graham bread, and the like ; and as for the latter, it is soon removed by dipping a bit of cotton or lint into the Cordial, and applying it to the affected tooth. Several other complaints incidental to pregnant women might be mentioned, as a cough or difficulty of breathing, suppression and incontinence of urine, &c. ; but all these symptoms are readily removed by having recourse to this admirable Cordial, and taking it as above directed.

Every other disorder to which a woman, during the state of her pregnancy, is liable, is chiefly, if not entirely, owing to a deficiency of *heat* and *blood* ; which may easily be gathered from the consideration of the expense she is at for the nutrition of the foetus, and the formation of its appurtenances ; if two ounces of blood were drawn every day from a person ever so healthy, for forty weeks to-



#### THE UTERUS AND ITS APPENDAGES.

1. Muscular Fibers of the Womb.
2. Upper part of the Womb.
3. Orifice of the Womb.
4. Uterus or Vagina.
6. Broad Ligament.
- 8, 8. Round Ligaments.
9. Fallopian Tubes.
10. Fimbria, or the Ovarium.
12. Ovary.

gether, let it be left to common sense to determine whether such a one can stand in need of extra venesections during that time.

It is upon this account that their faces appear so thin and pallid, and various disorders attack them which originate from a *deficiency* of blood. If a woman with child is bled, says Hippocrates, a miscarriage is endangered; the larger the foetus, the more certain and expeditious will be the abortion. Experience confirms the truth of

this observation of the “divine old man.” I knew many ladies who resorted to bleeding during pregnancy, and who miscarried almost invariably ; but on the omission of it, went out their full time, and were delivered of healthy children. That all do not miscarry who are bled is true, and indeed nothing is more to be wondered at than the almost exhaustless resources of nature, by which she can recover herself from the consequences of such ill-timed evacuations.

To resort to blood-letting because the periodical visits disappear, is absurd and puerile in the extreme, for it cannot be a manly argument, that we ought to lavish away that fluid which *nature* demonstrates her want of, by her care to preserve it. Bleeding is always hazardous and improper at all times,—and peculiarly so in pregnancy, and frequently brings on convulsions and death. To this rash and inexcusable imprudence, it is owing that such numbers of women,—who even go their full time,—die in child-bed.\*

\* Jarvis, Lib. ix.

## CHAPTER XV.

### ABORTION.

THE natural period of pregnancy is nine calendar months ; but many causes may excite the womb to a premature expulsion of its contents. Writers make a distinction between abortion and *premature* labor. If the child be expelled before the *sixth* month, it is called abortion ; if afterward, premature labor. The symptoms which usually precede abortion are *pain* going and coming, in the bottom of the belly, together with a discharge of clotted blood. When a woman is about to miscarry, she knows it by these signs. Sometimes there is a desire to void urine and fæces, although the bladder and rectum may be empty. At other times there is a great irritation of the *nervous* system, indicated by hysterical affections. But the above-mentioned symptoms, together with weight in the lower part of the belly, are the only ones really to be relied on.

From the fact that every pregnant woman is more or less liable to abortion, the danger should be guarded against with the utmost care and circumspection at this time ; for this accident not only weakens the constitution, but renders her subject to the same misfortune afterward, in future pregnancies. Abortion may happen at any period of pregnancy ; but it is most common in the second,

third or fourth month. Sometimes, however, it happens in the fifth. Should it take place after the *seventh* month (premature labor), the child may be kept alive by proper care and attention.

*Causes.*—The common causes of abortion, according to the older writers, who were great observers of these complaints, are—the death of the child; weakness, or relaxation of the mother; great evacuations, excessive sexual indulgences, Onanism; violent exercise, raising great weights, reaching high, jumping or stepping from an eminence; stone in the bladder; constipation; vomiting; coughing; convulsions, fits, blows on the belly, falls; fevers, disagreeable smells; the extracting of a tooth; excessive loss of blood; indolence; high living or the contrary; violent passions or affections of the mind, as grief, fear, or sudden fright. “There is a kind of reveling at Norwich, on the celebration of which a man is dressed up fantastically, and something resembling the head of an alligator, with hideous jaws, is placed upon his shoulders. This hero, with the alligator’s jaws, is from the action attempted by them, appropriately called ‘Jack Snap.’ A pregnant lady happened to go through the market, without being prepared for such a spectacle. She saw this thing peeping over her shoulder. She was struck with terror, and fainted, was carried home, and almost immediately miscarried. In this case, the sudden alarm which she experienced, caused the uterus to contract, and the foetus was in consequence expelled. Some miles from London lived the daughter of a gardener, who was seduced by an officer of dragoons. They lived for some time together as man and wife, and she became pregnant. At length he fell in love with a female of his own rank, and married her. When this circumstance became known to

the gardener's daughter, her affliction was extreme. She spent the day in tears and hysterical paroxysms ; and from the moment on which she first received the intelligence, she never felt the child move. She had the sensation of a cold, heavy lump in the region of the womb, and the breasts suddenly became flattened and soft. Three weeks afterward pain came on, accompanied by a discharge from the vagina. I was requested to see her, when I learned the above particulars. A dead child was expelled. Such examples are very numerous. Abortion, in other instances, cannot be traced to any external obvious cause. At a certain period of pregnancy, women will sometimes miscarry in spite of our best endeavors to prevent it. There are two classes of females particularly disposed to spontaneous abortion—the nervous and the plethoric or full-blooded. Abortion arises in nervous women from a participation of the uterus in the susceptibility incident to this temperament, by which it is liable to be easily excited to an expulsion of its contents. Writers and philosophers all allude to the supposition that passions and emotions of the mind sometimes destroy the child in the womb ; but *how* this happens, they do not pretend to say. Now, it is evident to my mind, that the effect is simply and purely *electrical* ; for instance, in a case where this effect is produced by sudden fright, as took place in the lady in Norwich, the brain was momentarily *paralyzed* by the shock. This *shock* passes through the whole system, paralyzing, for the time being, every tissue and fiber of the body, including of course the delicate foetus in the mother's womb, by which electrical shock it is instantaneously deprived of life. There is a loss in the equilibrium of the nervous circulation, which, in this instance, takes place in the brain, the uterus, and, in



a word, in the entire system. The electric shock from a machine, or from a stroke of lightning, is a familiar illustration of what I have endeavored to explain; here death is caused by an *excess* of the electrical fluid in the body, whereby the balance in the nervous circulation is irreparably destroyed; and the same thing on a smaller scale, takes place in the female, and causes abortion.

The signs of approaching abortion are not unlike those of a natural labor, such as sickness, palpitation of the heart, pains in the loins or about the bottom of the belly; a dull, heavy pain in the inside of the thighs; the breasts become soft and flat; there is a discharge of blood or watery humors from the womb, shiverings, &c.

*Treatment.*—To prevent abortion, women who are subject to miscarry, and those who are of a weak or relaxed habit, ought to take the *Restorative Cordial Bitters* three or four times a day. They are thus prepared:—

Take, Peruvian Bark, 1 ounce; Gentian root; Orange peel; Coriander seeds,  $\frac{1}{2}$  ounce.

Let these ingredients be bruised in a mortar, and infused in a pint of best French brandy, for five or six days. Dose.—Half a tablespoonful in water, about 11 in the morning; a quarter of an hour before, and at the same time after dinner, and about eight o'clock in the evening; to use solid food, abstaining from the use of tea and other watery liquids; to keep the body free by the use of senna and stewed prunes, or lenitive electuary; to rise early and go to bed soon; to shun damp houses; to take frequent *exercise* in the open air, but to avoid fatigue; and never to go abroad in damp or foggy weather, if they can help it.

Pregnant women ought to be kept cheerful and easy in their minds, and their appetites ought to be indulged as

far as prudence will permit. *Upon the first appearance of any symptoms of abortion*, the woman should be laid in bed on a mattress, with her head low ; she must be kept *quiet* and calm, and her *mind* soothed and comforted ; she ought not to be kept too *hot*, nor to take anything of a heating nature. Her food should consist of broths, rice and milk, jellies, gruel made of oatmeal, and the like, all of which she must take *cold*. Her drink ought to be barley-water, sharpened with a little lemon juice, or she may take half a dram of *nitre* in a cupful of water-gruel, every five or six hours. Should she be seized with violent looseness, the best thing will be to drink a little *starch*, boiled in milk, to a thin consistence. In cases where there is much discharge of blood, a lump of *ice*, the size of a goose egg, should be introduced into the vagina, and pushed up as high as possible ; cold cloths dipped in very cold water, should be also applied to the belly, over the region of the womb, at the same time. Many writers say, that the feet and legs should be frequently bathed in warm water, for the purpose of diverting the blood from the uterus to the lower part of the body.

If the patient is affected with vomiting, let her take three teaspoonsful of the *Restorative Cordial Bitters*, and repeat every third hour until the intention is answered. In general where there is much pain, opiates are of service : and this is the formula that I am in the habit of prescribing :

Take, pure Turkey Opium, 5 grains ; African Capsicum, 15 grains,

Mix, and work it well in a mortar or other convenient vessel. Make it into five pills, of which one is a dose. Repeat until relieved. I usually prescribe one on going to bed at night, for the purpose of procuring sleep, and

easing pain ; but if the pain is great, one every two hours will be necessary. I would here observe, that opiates should be given with caution. Pregnant women should not be restrained from following their usual exercise. Want of exercise not only weakens the body, but is the chief cause of abortion. There are some, however, of so delicate a texture, that it is necessary for them to avoid almost every kind of exercise during the whole period of pregnancy. To such I recommend the use of tonics, gentle exercise on horseback, cold salt-water bathing, frictions, &c.

Women who are subject to miscarriages, should never fail to take the Restorative Cordial Bitters, from the time they have reason to believe they are pregnant, until a full month after they have quickened. It may be taken once, twice, or thrice a day, or every other day, as the urgency of the case may require, from one to three teaspoonsful, in a glass of *smith's* forge water, which may be obtained at any blacksmith's shop (but it ought to be filtered through paper), or in soft spring water, in which common oak bark has been steeped ; and she will effectually overcome all causes of abortion.

Women, after sudden miscarriages, or bad labors, will find wonderful relief by taking a teaspoonful of this cordial once or twice a day, in a wine glassful of warm water, for a week or ten days.

*Nurses* also, whose milk is griping or defective, should take it once or twice a day, or as often as occasion may require. This intention will quickly be experienced, the milk will be purified and augmented, and all the fluid secretions promoted, in a manner productive of sound health, both to the mother and to the child. As women with different constitutions and different states of health

are subject to abortion, every mode of treatment must be accommodated to the constitution of each patient, and to the disease of which there may be any indication. I would merely say, in conclusion, that I do not approve of attempts being made to introduce instruments of *any* description into the womb—not even an injecting syringe, either for the relief of this or any other disease. How many lives are annually sacrificed by the recklessness of ignorant and bungling *abortionists* ?

## CHAPTER XVI.

### ON LABOR OR CHILD-BIRTH.

IF we would attain to a competent knowledge of difficult births, it will be necessary for us to entertain correct ideas of those that are natural. Gooch says, that at the end of *nine* calendar months from the time of conception, the natural period of pregnancy is accomplished. The time of the natural birth is from the *fifteenth* day of the ninth month to the end of the thirtieth of the same; yet some women declare it may be sooner or later. Hoffman informs us that the usual time is nine solar months; and Fricke affirms that “excretions from the *uterus* being by women referred to certain *lunar phases*, they reckon their going with child by the weeks, and that they usually exclude the *fœtus* forty weeks from the time of their being with child, commonly on that very day they were used to have their menses.”

*Signs of Labor.*—A few hours, though sometimes several days, before labor commences, the belly sinks, the corset becomes loose, and the woman feels light and airy; and as there has been no discharge to explain this diminution, it must be from the descent of the womb into the bottom of the belly. The motions and weight of the child are also felt to be lower than formerly, and the head of the fœtus falls down to the orifice of the womb, and

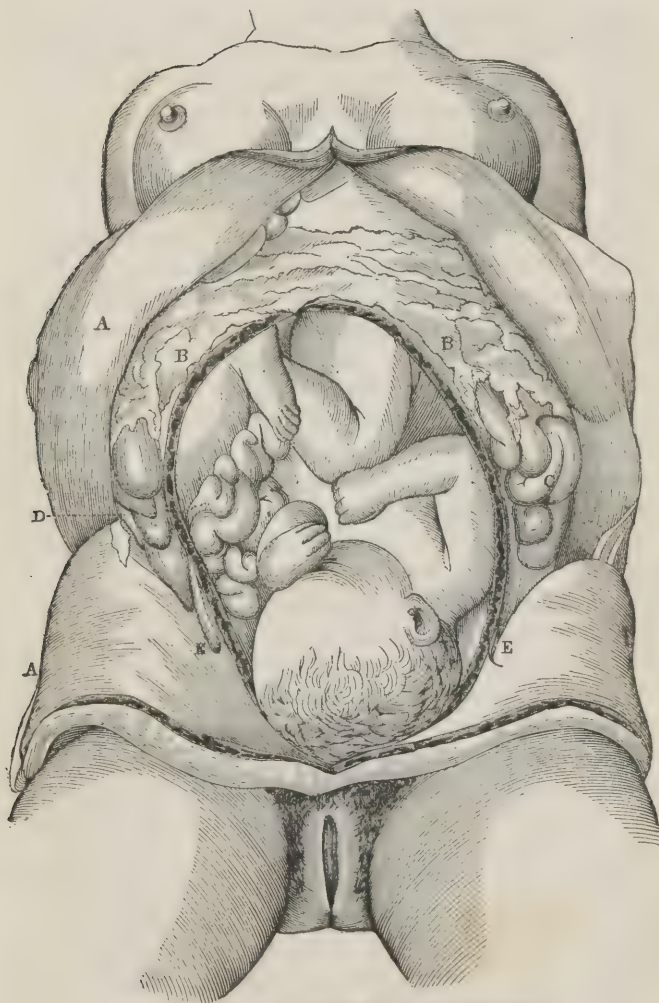
presses upon it. At this time also there is tenesmus, and micturition is unusually frequent. The orifice of the womb dilates by the weight of the child, and the membranes, or *Chorion* and *Amnios*, being driven forward with the waters they contain, form a kind of pouch or bladder at the said orifice, which should be allowed to break of itself, or at least it should not be bursted till the woman is really in labor. There is a discharge of a whitish matter from the *vagina*; and pains which extend from the small of the back or loins, and the groin or upper part of the thighs, down to the front toward the genital parts. In some cases the membranes descend so far as almost to protrude through the external opening of the *vagina*; presently a strong pain comes on, crack go the membranes, the liquor amnii gushes out with a rush, deluging the bed; there is now a longer interval between the pains, and on the midwife's introducing her finger, she discovers a great change: a large, round, and hard substance is felt, and which she at once recognizes to be the

#### EXPLANATION OF CUT ON OPPOSITE PAGE.

This figure displays the uterus and the vulva in the state of full pregnancy which precedes delivery. The *vulva* is thick and swollen by the action of a serous infiltration and of the turgescence of its vessels. The *vagina*, which at first becomes elongated in proportion as the uterus rises above the superior strait, shortens again as it grows wider before the pressure of the head of the fœtus in accouchement. The uterus forms a vast sac, which crowds upward the abdominal viscera, and inclines by its own weight toward one of the flanks. In the figure, the inclination of the uterus is to the right, which is the usual one, and is that produced by the first position in accouchement. The anterior wall of the matrix is removed, to show the thickness of its parietes. These consist of a muscular tissue with broad meshes, intersected by numerous vessels, especially veins of great volume, together with a cellular tissue gorged by fluids. At the sides are seen the round ligaments, powerfully stretched. At the interior of the cavity, is presented the fœtus, in the common situation which accompanies the right inclination.

A. The four reversed divisions of the anterior abdominal wall; B. great epiploon; C. intestines; D. Section of the wall of the uterus; E. Round ligament.





FETUS AT NINE MONTHS OF PREGNANCY.

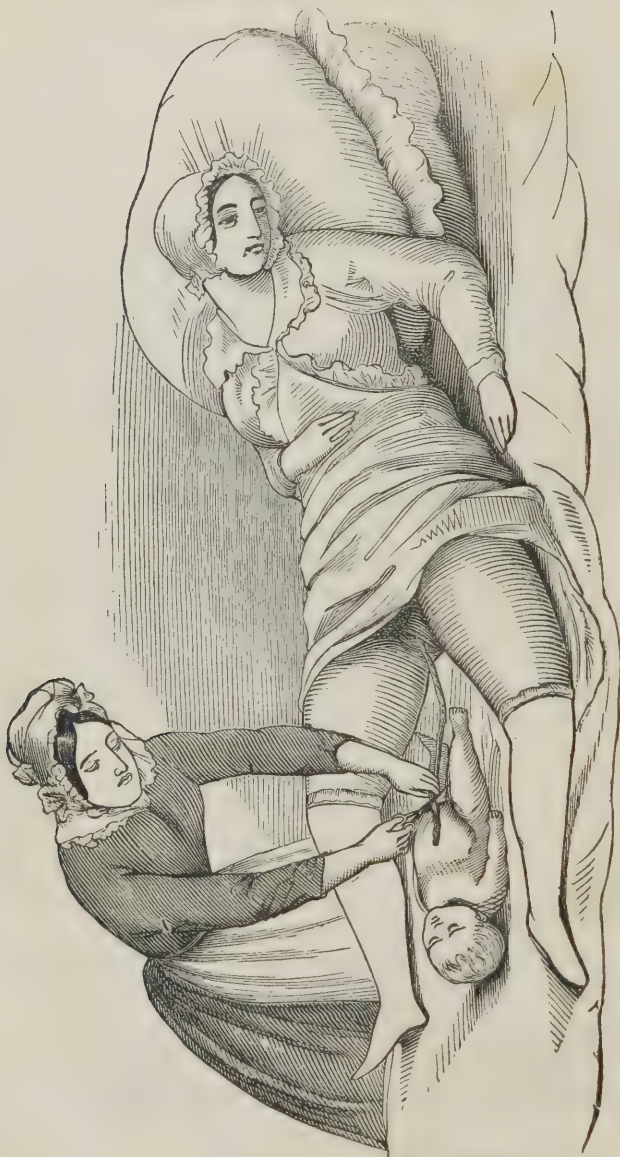
head of the child. Again the pains return, the patient becomes boisterous, expressing her pain in a *very* audible manner ; she lays hold of a towel, which is commonly fastened to the bed-post for this purpose, and bears down with all her might ; her pulse now is rapid, and her skin is hot ; the process still goes bravely on ; the pains are now more frequent, stronger and lasting. A degree of *impatience* is now sufficiently apparent to the most careless “looker-on in Venice,” the head of the child descends lower and lower into the water-passage or *vagina*, till it firmly presses on the perinæum. In this stage of the labor an inexperienced midwife would think that a few pains more would expel the child, but although the head rests against the perinæum, and shows itself at the external orifice, yet it may be some hours before it is expelled more especially if it is a first child ; but if the second or third, half a dozen pains will generally be sufficient to complete the process. I would observe, that during all this time the head aches, and the face looks intensely red, accompanied by a trembling of the lower limbs. The infant gradually advances, the above protuberance continually enlarging the passage, so that the crown of the head may be felt ; the birth is then advanced one-third, and the midwife may now assist the expulsion. However, nature alone would now accomplish the labor. When the infant is advanced forward, as far as its *ears*, it is said to be in the passage. If the membranes have not already burst, they may now be opened, and the waters by their effusion, will render the vagina *slippery*, and promote the birth of the infant. When the child is born, the midwife should lay it upon her knees, so as to give exit to the mucus, waters, &c., from the mouth, if any has been imbibed, which is most generally the case.

Now that the child is born, there is a freedom from pain, and the mother feels rejoiced at the sudden transition from severe suffering to comparative ease. In about ten minutes she again begins to experience pains, which are however slight, or less violent than before, in the region of the uterus, coming and going about every five minutes ; on examination, the accoucheuse will find a quantity of clotted blood expelled, and on passing up the finger along the cord, she will discover the after-birth or placenta, as it is called, forced into the upper part of the *vagina*. If not attached to the womb, which is easily known by carefully pulling at the cord, the midwife will separate it gently, by introducing her hand. The navel-string must be divided as soon as the child is born ; which may be done with a pair of sharp scissors, having *first* passed a ligature as well on the child's side as the mother's, to prevent a hemorrhage. The placenta being taken away, the labor is now over.

An hour after, let the mother take a little oil of sweet almonds, to ease the after pains ; and let a poultice of oil of sweet almonds, and two or three new-laid eggs, be boiled together, and laid to the parts, renewing at every six hours for two days. Fifteen days after the birth, the parts may be bathed with an astringent decoction of red roses, alum, or nut-galls in red wine, in order to brace them. The following is the formula I usually employ :—

Take, Red-rose Leaves, 1 ounce ; Alum, 2 drams ; Ordinary Claret,  $\frac{1}{2}$  pint.

Put them into a sauce-pan and let them boil for five or ten minutes. After having stood for fifteen or twenty minutes to cool, strain, and apply warm to the parts.



MIDWIFE CUTTING THE NAVEL CORD.

In case the labor is tedious and difficult, the lower part of the belly must be covered with a flannel cloth dipped in a hot decoction of bitter herbs, as tanzy, hops, wormwood and catnep, of each a small handful, to which put three pints of equal parts vinegar and water; boiled for half an hour, in a covered vessel. Wring the flannel out and apply warm over the region of the womb, which will relieve the tension and ease the pain, besides gently stimulating the uterus to contract more forcibly on its contents, whereby the labor is facilitated. Should the labor still be protracted, twenty drops of the *tincture of hyoscyamus*, every two or three hours, will have a beneficial effect by easing pain, calming the mind, and recruiting the strength of the patient. One writer says he relies much on the *tincture of time* in slow labors; and in many instances I agree with him in that particular, but it is not always to be relied upon, however. In addition to the above treatment, I recommend a tablespoonful of old French brandy and two teaspoonsful of the *Detergent Cordial*, to be mixed and swallowed by the patient every three hours; and a dram of the *confection of red roses*, together with a clyster of sweet oil—one and a half ounces thrown up the bowels. The confection is to be taken by the mouth.

Always in difficult labors, the patient should be made as cheerful as possible by her friends, by the recital of lively and amusing anecdotes, and by every species of encouragement in their power; as a depressed and melancholy state of mind almost invariably retards the labor. A lady whom I attended, owing to an apprehension that she should die if she became pregnant, was with difficulty persuaded to marry. Her mind was still in so depressed a state, that notwithstanding all the encouragement I



could give, it had the effect of prolonging her labor for the space of thirty-six hours. Dr. Powers also relates a similar case as having occurred in his practice. Since the death of the Princess Charlotte, he states he has had many opportunities of observing the same effect from similar apprehensions.

In case there is merely a due want of strength, everything else being right, a tablespoonful of the *Detergent Cordial* should be given every three hours, with cinnamon water; repeat this until the desired effect is produced, as the work goes forward. Stimulating injections by the bowels, may now and then be administered,—especially if the woman be at all costive. The midwife should also push back with her longest finger the os coxygis, which tends to excite the labor and ease the pain. If the parts are in a stiff, straitened condition, as in the first child, especially if the woman is not young, emollient liniments are to be used, and the parts must be anointed with fresh butter or oil, and to be dilated gently with the hand. If there is a tumor, carbuncle, or membrane opposing the birth, the assistance of an experienced surgeon is required.

The midwife is in fault when she hastens the labor before the time, when there are no *true* pains, when the orifice of the uterus is not open, which alone distinguishes the true pains from the false, whence the womb is weakened, and both the mother and child are in danger. Therefore the true time of *actual* labor must be patiently waited for, the woman must be kept as calm and composed as possible, and her spirits kept up with a teaspoonful or two of the *Restorative Cordial Bitters*, every half hour, for nature may be led and coaxed, but not driven.



Those who have a languid circulation and a weak constitution, are benefited by cordials and good nourishment. Let half a glass of wine be given every two hours, alternately with the *Bitters*, which will invigorate the system, and render the action of the uterus more powerful.

If the feet present first, the midwife must be very cautious lest there be twins, and lest she should take a foot of each. The feet must be wrapped in a dry napkin, and the child must be drawn gently, till the waist is in the orifice of the uterus. Then the infant's hands must be drawn down close to the sides; and if the nose be turned toward the *os pubis*, it should be turned in the opposite direction, toward the coxys, to prevent any obstacle. Then the orifice must be dilated with the fingers, and the woman's throes or bearing down efforts should be made to harmonize with the midwife's efforts to extricate the child. If the chin is embarrassed, the midwife must disengage it, by putting her finger into the mouth, in order to turn to advantage. In case the infant's head presents across the passage, or laterally, it must be gently thrust back, and carefully turned to its natural situation. If the shoulder presents, the same *tact* and talent must be employed, although the difficulty is greater. If the belly, hip, or thigh appears first, the child must be extricated by gentle traction made at the feet, and the mother must lie flat on her back. If one or both hands are directed upward, above the head, and lie close to it, the case is not so bad as some would apprehend; for they will keep the orifice equally dilated till the head passes, and thus prevent strangling. It is asserted by some practitioners that the presentation of the *face* requires the application of instruments; I believe with Gooch, that it requires only *time*, more labor-pains, and more patience than a natural pre-



FŒTAL CIRCULATION.

## CIRCULATION AND NUTRITION OF THE FŒTUS.

It is understood that, in the ordinary circulation after birth, the blood which has been subservient to nutrition, being taken up by the venous radicles in the substance of all the tissues and of all the organs, is collected by the two *venæ cavae*, and that the superior vena cava, having received the great lymphatic canals (see Plate), brings together from all parts of the body the lymph, or residuum of nutrition, and the chyle, or product of the alimentary elaboration, which is to serve as a new means of nutrition. The result of this mixture is a heterogeneous venous blood, poured by the two *venæ cavae* into the right auricle of the heart, from thence into the right ventricle, and driven from that ventricle, through the pulmonary artery, into the lungs, where the *black* or *venous blood*, by means of the act of respiration, or, in other terms, by the contact of oxygen gas, having been transformed into *red* or *arterial blood*, is carried by the pulmonary veins into the left auricle of the heart, driven by the left auricle into the left ventricle, then by that ventricle into the aorta, which distributes it to all the arteries in the different parts of the body, where it accomplishes its functions, and returns anew into the veins through the capillary anastomoses of the arteries.

In the fœtus, the circulation is somewhat different; the uterine arteries of the mother pour out the blood at the surface of the uterus, where it is taken up by the venous system of red blood of the placenta, whence arises the umbilical vein of the fœtus. That vein passes along with the umbilical cord, enters the abdomen of the fœtus through the umbilical orifice, penetrates into the horizontal groove of the liver, and divides into two trunks, one of which communicates with the hepatic vena portæ, to be distributed in the liver, and to be returned into the inferior vena cava by the hepatic veins, and the other, under the name of *venous canal*, opens immediately into the same inferior vena cava, thus mingling a new arterial blood with the returning venous blood which it brings from the extremities. At its opening into the right auricle, the vena cava inferior finds in front of it, in the inter-auricular partition, an orifice, the *foramen of Botal*, which permits this blood, the most highly oxygenated, to pass immediately from the right auricle into the left, and from the latter into the left ventricle and into the aorta. On the other side, the venous blood of the vena cava superior forms in the right auricle another fluid column, which is emptied into the right ventricle, whence it is driven into the pulmonary artery. But, since at this age the lung is yet impermeable, there exists between the ventricular arterial trunks, a fetal duct, the *arterial canal*, through which the blood is poured from the pulmonary artery into the aorta. Finally, in returning the blood from the fœtus to the mother, it is transmitted by the umbilical arteries, which emerge from the umbilical ring of the fœtus, make part of the funis, and go to form in the placenta a capillary system with black blood, which is taken up again by the uterine veins of the mother. Thus, the placenta performing for the fœtus the office of a digestive and respiratory apparatus, the circulation is effected by six canals, which become foreign to it, and are generally completely closed, as soon as aerial respiration is established. These are, the umbili-

sensation. Physicians are much too hasty with their forceps, vectis, &c., and I for one entirely dissent from such erroneous practice.

When the foetus dies before the time of birth, and the membranes are not yet ruptured, it will not putrefy; therefore the work must be left to nature, for the pains of labor will at length come on spontaneously. Baudelocque says, if the navel-cord first appears, and is compressed soon after by the head of the infant, its life is in danger; and the remedy is to return the infant, and reduce the cord, till the head fills the opening. But if this cannot be done, the woman must be put in a suitable posture, and the child must be extracted by the feet.

When the *placenta* first presents itself, which is known by its spongy, soft texture, and the great quantity of blood flowing at the same time, it requires speedy assistance. If the membranes are entire, they should be broken, the placenta and membranes should be returned into the uterus, and the child be extracted by the feet (which is more readily effected in the membranes than in the uterus), and put into a proper situation. When there is a great flow of blood from untoward accidents, the infant should be immediately delivered by art, though the mother be not in true labor.

I would caution all how they use the *instruments*, when the mouth of the womb is not fully opened, and never to

cal vein, the venous canal or ductus venosus, the foramen of Botall, the arterial canal or ductus arteriosus, and the umbilical arteries.

*Indications common to the five figures.*

A, Liver; B, Heart; C, Lungs; D, Spleen; E, Kidneys.

*a*, Umbilical Cord; *b*, Umbilical Vein; *c*, Abdominal Vena Portæ; *d*, Ductus Venosus; *e*, Inferior Vena Cava; *g*, Foramen Ovale in the Right Auricle; *h*, Pulmonary Artery; *i*, Ductus Arteriosus; *k*, Aorta; *l*, Umbilical Arteries.

resort to them unless actually compelled to do so, by some serious danger which is to be apprehended from delay. Many cases of this kind do occur, it is true, in large cities, if one happens to have a large practice in this branch of the Healing Art. I could relate several such cases, but one must now suffice. A lady whom I attended had been a long time in labor, the membranes were ruptured and the waters discharged, but the mouth of the womb was not fully dilated. I was, however, called in another direction, promising when I returned that I would deliver her with the forceps. When I arrived back, I found affairs in pretty nearly the same condition that they were before I left. I now had reason to apprehend danger from any additional delay, and therefore immediately passed my fingers up on the child's head as far as I could, and between them and the head I carefully inserted one blade of the forceps, opposite to which I introduced the other, and having locked them, I delivered her in ten minutes. When the head is situated so high up, great force is sometimes required to move it. I once attended a case in the country, in which the force required was so great, that had it not been for the assistance of a gentleman who was with me, I should not have been able to accomplish the delivery.—(*Gooch.*)

If through the unskillfulness of the midwife, the orifice of the womb closes before the after-birth is extracted, the *Aloetic Pills* must be taken morning and evening, which will soon yield relief. The formula which I generally prefer is this :—

Take, Iron Filings, 2 scruples: Precep. Sulph. Antimon.,  $\frac{1}{2}$  dram; Podophylin, 1 scruple; Oil of Sabina, 20 drops. Syrup enough for mixing the mass.

Divide into 32 pills; two are a dose.



## CHAPTER XVII.

### THE CRITICAL PERIOD, OR TURN OF LIFE.

THIS is another important—if not *the* important era in the life of women ; and means that with them the courses are about ceasing forever. At the age of about forty-five, or from there to fifty, the menses generally cease, constituting what females familiarly term *the dodging time*. Some writers look upon the cessation of the menses with considerable anxiety, on account of the supposed danger attending it, as it lays the foundation for many future diseases. The great change that is produced by so copious a drain being taken into the habit, without, in many cases, much previous preparation, is the great cause of this danger. Other writers believe that this evacuation does not cease suddenly, but becomes irregular ; and, in fact, this is the case in many instances. At first, the flow does not return for two or three months, then profusely, and not appearing again for perhaps a still longer period ; it may then recur and continue copiously for a week or two, and then its return may be so frequent as once a fortnight. At length the intervals of its recurrence are still more distant, until about the ages above-mentioned (45, 48, 50), when it ceases entirely. Women are very anxious about this time, which they emphatically term *the turn of life* : and they have some reason for their anxiety. At this time, disease of structure is the most likely to occur, such



as cancer of the uterus and breasts, and the health is, in general, more or less involved or deranged.

The more slowly and gradually this salutary evacuation is diminished, the less the constitution is exposed to disorder on its final termination. It is therefore always advisable to take proper measures to prolong its continuance, and secure the system from an abrupt and hasty departure. All women are more or less sensible when this period arrives, and should take care of themselves accordingly; for when the menses are about going off for good, they appear, as I have said above, for the most part irregular, both in time and quantity:—once in a fortnight, three, five, or six weeks; sometimes very sparingly, at other times in immoderate quantities. For want only of necessary care and attention during the time the menses thus *dodge*, and give symptoms of their departure, many complaints ensue; among which are colds and chills, succeeded by violent flushings of the face and heat of the limbs; restless nights, troublesome dreams, and an unequal flow of spirits; inflammations of the bowels; spasmodic affections, stiffness of the limbs, swollen ankles, sore legs, with pains and inflammation; the piles, and other symptoms of plethora. But all this might easily be prevented by a due attention to regimen, such as partaking of light food, abstaining from the use of stimulating and nerve-exciting drinks, tea, coffee, &c., and a careful observance of all the rules of temperance and regularity.

When a woman suspects her menses are about leaving her, let her take an emetic of 20 grains of pulverized *ipecac.* in a little warm herb tea, and also make the following excellent decoction:—

Take, Gentian root, bruised, 1 pound; Senna,  $\frac{1}{2}$  pound; Orange peel,  $\frac{1}{2}$  pound.

Pour upon these ingredients four quarts of boiling water, and after it has stood (well covered) for twenty-four hours, strain the liquor for use.

Dose.—A gill, with a tablespoonful of the Female Bitters added thereto; repeat night and morning for ten days; then let it be continued every morning for ten days more, and afterward every two or three days, or oftener; she should also take a dose of gentle physic twice a week; senna,  $\frac{1}{2}$  ounce; manna,  $\frac{1}{2}$  ounce; sulphate of magnesia,  $\frac{1}{2}$  ounce; put these into a teapot, and pour thereon a pint of boiling water; let it steep half an hour, and when cool, strain. Dose.—A wineglassful twice a day, or the whole may be taken at bed-time. I do not mean the whole pint, but the two doses in one, if it is preferred. This course must be followed every spring and fall, four or six weeks successively, by all women who find their menses dodge or come sparingly and irregular, until they entirely cease.

If they flow too abundantly, and produce a flooding, the patient must be kept as much as possible at rest, with her head low, until the medicine has had time to take effect. Let her diet be spare, but not *too* lax. The following will be found very valuable, rendering, as it will, the most efficient aid:—

Take, Confection of Roses, 1 ounce; Astringent Saffron of Iron, 2 drams; Oil of Cinnamon, 6 drops.

Mix these into an electuary, which should be prepared with care and of genuine ingredients, otherwise the desired effect cannot be counted upon, or even expected; and this observation equally applies to all the medicines mentioned in this volume. Few, indeed are aware of the importance of procuring the *purest* and *dearest* drugs in making up the different medicinal preparations used in the reformed practice. There can be no worse *economy* than

going to a cheap drug store to procure that which is intended for the most delicate of all machines, for the most important of all uses, the reparation of health ! It is true, the best comes a trifle more expensive, but how unwise it is to tamper with health and *life*, for the sake of saving a few pence or shillings. I never yet knew a “ penny-wise and pound-foolish ” person either to become rich, or what is of vastly greater importance, to even enjoy life. Of this electuary, let the bulk of a large nutmeg be taken every day at noon, for six, eight, or ten days, or longer, as the urgency of the case may require ; drinking immediately after it one tablespoonful of the *Restorative Cordial Bitters*, mixed in a wineglassful of warm water, to which a bit of white sugar may be added. By these means the flooding will gradually abate, the feverish symptoms will go off, the spine will be strengthened, the vessels of the womb cleansed, and the patient wonderfully restored. After the tenth day, in most cases, the electuary may be discontinued, and the *Cordial*, from two teaspoonsful to a tablespoonful taken, according to the constitution of the patient, to prevent a relapse.

It is evident to my mind, after having reflected much upon this, and the diseases of females generally, that the intention of nature in returning the discharge back into the system, is to nourish and preserve life, not to destroy it. Until the age of puberty, girls require this blood for the sustaining and nourishment of their bodies ; when that is sufficiently established, it is applied to the purpose of nourishing the foetus, and of suckling the infant. When child-bearing subsides, and the eve of life comes on, the flow is returned back into the body to comfort and preserve it. Therefore, if women were careful to observe a regular course before this flux returns upon them, by

adopting the methods above prescribed, and by taking the Cordial both *spring* and *fall*, for two or three years previous to the time, they might not only *escape* the perils and dangers attendant on this period, but would lay the foundation of a settled state of life, and enjoy a sound constitution of body, to extreme old age. Let these remarks sink deep into the hearts of the fair, and if they would avoid a *melancholy* old age, *act* upon the friendly counsel herein given. Believe me, it would save you many a pang and heartache, which otherwise could scarcely be avoided.

It is a wise observation of a learned writer, that those who grow up very fast, are generally sickly, and seldom live to a great age. The prime of life draws very soon toward the verge of declension, which stage, like their youth, is equally rapid in its progress. Quick growth draws out and elongates the fibers and vessels, nerves, &c. to a greater extension than the vital powers can nourish and support; hence the constitution becomes weak and relaxed. This error, in the progress of nature, should be remedied, if practicable, by the cold bath and the Restorative Cordial Bitters.

The female organs of generation are certainly more complicated than those of men; but from their peculiar delicacy and difference in structure they are subject to diseases, which men, in regard to the sensation thereof, must be totally strangers to. This consideration will naturally inspire *man* with tenderness and compassion for the many weaknesses and complaints under which females are ever liable to labor; and excite in his breast an ardent desire to aid and protect, and tenderly preserve them, as the flower-gardens of mankind, whose delight is to cultivate them.

## CHAPTER XVIII.

SCURVY, KINGS' EVIL, SCROFULA, LEPROSY, ERYSIPELAS OR ST. ANTHONY'S FIRE, GOUT, RHEUMATISM, PILES, SYPHILIS, GONORRHEA, OR CLAP, AND OTHER DISORDERS ORIGINATING IN NERVOUS OBSTRUCTIONS AND IMPURE BLOOD.

"THE Scurvy," says Sir John Floyer, in his late work on Cold Bathing, "is a new name for the old disease described by Hippocrates, under the name of 'Great Spleen,' in which the gums were corrupted, and the breath smelt fetid; and if no bleedings happened, nor the mouth has an ill odor, the disease affects the limbs with ulcers and spots on them." Pliny speaks of an epidemic that broke out in the Roman army under Germanicus, which appears to have been the Scurvy; indeed, this disease, though not accurately described, seems to be referred to by several of the ancient authors.

Sir W. Herschell says—

"At present the Scurvy is almost completely eradicated. In the navy, partly no doubt from an increased and increasing attention to general diet, but mainly from the constant use of a simple and palatable beverage, the *acid of Lemon*, served out in daily rations. If the gratitude of mankind be allowed on all hands to be the just meed of the philosophical physician, to whose discernment in seizing, and perseverance in forcing it on public notice, we owe the great safeguard of infantile life, it ought not to be denied to those whose skill and discrimination have thus strengthened the sinews of our most powerful arm, and obliterated one of the darkest features in one of the most glorious of all professions—the navy."

At sea, however, things are far different from what they are on land. When a vessel is about departing on a long voyage, the owners know that their interest depends upon the *health* of the crew engaged to carry the venture, and to bring back the gains ; and they are therefore mindful to have a supply of the specific for the cure of scurvy put on board, at all events. Hence the seamen are kept free from the disease. But on shore, people are careless of the means which surround them for their own preservation, and neglect to make use of the means of relief ; or it may be that they are not acquainted with the nature of their complaint, or fall into unskillful hands for medical aid. But whatever may be the causes, one thing is clear, that we have—and I have observed it with deep anxiety and regret—scorbutic and other eruptive disorders prevailing to a great extent in this country of late years ; and that they have very considerably increased lately, notwithstanding the many remedies which have been repeatedly offered to the public under the most specious pretenses.

The *merits* of these “ specifics ” it is not my intention or business to call in question. I cannot, however, but regret, that after the strenuous efforts of so many persons, attentive to the cure of these complaints, and the whole *Materia Medica* having been ransacked for the means to eradicate them, they should still gain ground, and become in a manner constitutional to vast numbers of the inhabitants of this climate. One great cause of these diseases may be traced to the pernicious practice of the old or allopathic school of doctors *feeding* their patients on *calomel*, and other poisonous minerals, wrongfully called medicines. This, together with a want of due attention to bathing, temperance, diet, insufficient or improper clothing,





EFFECTS OF CALOMEL IN SCROFULA.

&c., I regard as being the fruitful source whence these and many other diseases take their origin ; and I have long since come to this conclusion, after having carefully observed multitudes of cases not only at home, but in different parts of Europe, particularly in England and France ; although in the latter country these disorders are of comparatively rare occurrence, on account of the habits of the people and superiority in the practice of the

medical art,—violent remedies being seldom or never resorted to by the physicians of that refined and intelligent nation. The poisonous minerals, consumed to such a frightful extent by my too-confiding countrymen for the cure, alas ! of disease, the French people more cautiously confine to the arts ; and never take them into their stomachs, excepting, perhaps, for the purpose of *self-destruction*, among suicides.

Serious reflection on this important subject has at length determined me to endeavor to point out to the public the *causes* of these maladies—the various forms and appearances by which they are manifested—and to offer some observations on the best mode to obtain a certain and lasting cure ; and I trust that the destructive disorders above alluded to will be totally eradicated in many, and their dreadful symptoms greatly relieved in *all* who apply for the *remedies* which will be recommended to them, in the selection of which the greatest care has been taken to discard everything that can possibly tend to hurt the weakest constitutions ; and to unite with judicious acumen those medicines which are the most pointedly directed to remove obstructions, and correct impurities in the vital stream.

It has been held by all physicians, that chronic maladies abound chiefly among the inhabitants of the northern and western parts of the globe ; and we have unhappily experienced the truth of this assertion in this country, where the frequent sudden *changes of weather*, at certain seasons of the year, spread the most excruciating and alarming disorders among us, by chilling the *vital circulation* and consequently the blood, and materially affecting the state of the perspiration ; and thus occasioning colds, coughs, rheums, &c., &c., the portentous harbingers of almost every dis-

case which proves so fatal to the citizens of the United States. Perhaps there is no place on earth so subject to these sudden changes as this our country, where the extremes of heat and cold are often experienced in a single day.

Hence it becomes a matter of the greatest *national* importance, to seek out for some general and decided remedies for these complaints, which owe their origin to obstructed circulation of the secretions or humors. One of the immediate effects of this *obstruction* is to contaminate and render unfit for the healthy purposes of life, that important fluid, *the blood*, which becomes surcharged with innumerable particles of saline matter, that nature would kindly evaporate through the perspiration if she had the strength to do so, and thus increasing the impure juices for the want of this *vital power*, and disposing them to corruption and putrefaction—the true sources of various obstinate and dangerous diseases, throwing out eruptions upon the skin, by the malignity of the *virus*, undermining the constitution, and endangering the lives of millions. According to the various habits or constitutional propensities of its subjects, and the degree of malignity with which the blood is impregnated, it embitters the patient's life with one or more of the disorders hereinafter enumerated; and if recourse be not had in time to *proper remedies*, they become rooted in the habit, so that few medicines can reach the complaint; and many that are improperly made use of for that purpose, only serve to exasperate and drive the humors into new channels, and thereby fix them deeper in the habit.

Dr. Hammond having been long in possession of a knowledge of the foregoing facts, here presents to the afflicted among his fellow-citizens, for the purpose of sub-

serving the cause of humanity, the following method for the certain and effectual cure of those disorders which arise from an impure and vitiated state of the blood and lymph. Having observed, with the deepest regret, the numberless instances where patients have pined away a miserable existence without receiving the smallest benefit from anything that they could procure, he has at length yielded to the pressing necessities of his fellow-creatures, and determined to publish to the world a means of cure truly calculated to cleanse the blood from all foulness, counteract every morbid affection of this class, and restore weak and emaciated constitutions to their primitive health and vigor ; provided, however, as an essential condition, that the patient *implicitly* adheres to the plan of treatment which it is now my happiness to lay before the reader. The public are therefore now presented with the MEANS which I deem a most safe, salutary, and admirable method for those deplorable and hitherto incurable diseases, namely :—Scurvy, Leprosy, Elephantiasis, King's Evil, Scrofula, Struma, Erysipelas, St. Anthony's Fire, Pimpled Faces, Piles, Gout, Rheumatism, Sciatica, Syphilis, Clap, &c., &c.

The following are the disorders in which these excellent means have not failed in my hands—when the directions, &c., as to the manner they are to be employed, are faithfully followed by the patient—to effect wonderful and permanent cures. I now proceed to describe the causes, symptoms, and *treatment* of

### *The Scurvy.*

The scurvy is a disease depending, principally, upon the acrimony of the *blood*, &c., but the acrimony may be of several kinds, according to the various causes which pro-

duce that disposition of the blood. It is sometimes caused by feeding too much upon salted provisions, which is the case with mariners, in general, by which the blood becomes muriatic or *briny* ; in which case it does not so readily run into putrefaction, although it occasions troublesome pains and stiffness of the joints, &c.

But when provisions become in a measure putrid, under the influence of a hot climate, and corrupted waters are drank at the same time, with spirits, and the like, an alkaline acrimony of the blood is occasioned, and the very worst of all the various kinds of scurvy, which speedily destroys the whole body. The *land* scurvy is a disease which prevails almost wholly in cold northern climates, especially in low, damp situations, near large marshes and stagnant pools of water. This species of the disease is characterized by an *acid* acrimony, and is produced by feeding on the worst kinds of bread, as of oats and rye, and dishes prepared from meal, with sour buttermilk too plentifully drank ; also from sedentary employments, watchfulness, anxiety, fear, grief, cold and moist air, damp rooms, beds, and clothes ; want of exercise, a suppression of customary evacuations, as the *menses*, *bleeding piles*, &c. ; also by cold, moist air, and the use of all kinds of food that is hard of digestion, and which affords but little nourishment ; hereditary taint ; confined air, and everything that greatly weakens the body or vitiates the humors, as diseases of various sorts, &c.

Those who lead idle, sedentary lives, are more subject, especially in the winter, to attacks of this disease ; also those who are subject to melancholic, hysteric, or hypochondriacal complaints.

It would require a volume to describe all the symptoms of this dreadful disease. Other disorders are frequently

mistaken for this ; and this is as frequently mistaken for other maladies. “ It does not,” says Darwin, “ always manifest itself outwardly by blotches and spots upon the skin ; but often lurks within, and occasions symptoms which the patient has no idea proceed from a scorbutic taint.” The best writers who have made their observations upon scurvy, assure us, that in any two patients afflicted with the disease, the same or like symptoms are seldom or never to be observed. In this, however, authors agree, that at the *beginning* scurvy is accompanied with an unusual torpidity or sluggishness both of mind and body, with a weakness and weariness through the whole habit, slowly advancing and gaining upon the patient, and which are more particularly troublesome in awaking out of sleep. The respiration becomes difficult and laborious ; the legs or ankles sometimes swell ; the skin becomes spotted ; the *gums swell*, and are painful, hot, and itching,—bleeding upon every slight occasion ; wandering pains invade all parts of the body, both external and internal. As the disease advances, the gums show themselves with an offensive smell and putrefaction ; the teeth appear naked or uncovered by the gums, or loose ; the mouth has a fetid odor, and is inflamed, bloody, and inclined to gangrene ; the veins under the tongue form knotty ringlets, and often hemorrhages that are fatal will issue from the outward skin without any apparent wound ; but more especially, blood will flow from the lips, mouth, gums, nose, lungs, stomach, &c., &c. ; obstinate ulcers, inflexible to all applications, and easily disposed to gangrene or mortification, particularly of the legs ; sores, scabs, and scurf break out in the skin, and the pains are violently gnawing, darting or rending, and shoot through the parts very swiftly, being the most troublesome in the



night ; and in the mean time appear black-and-blue spots or discolorations.

There are, also, in this foul distemper, some other symptoms equally as common as the above : as snapping of the joints, lead-colored or pale countenance, and scaly eruptions all over the body. At last a wasting or hectic fever comes on, and the unhappy patient is carried off by dysentery, diarrhea, dropsy, the palsy, fainting fits, or a mortification of the bowels sets in.

There are likewise many kinds of fevers that attend the scurvy, some hot or inflammatory, others malignant ; add to these vomitings, purgings, or fluxes, diarrheas, sharp strangury, scalding of the urine, fainting fits, anxieties, or oppressions that are sometimes suddenly fatal, a dropsy, consumption, convulsions, tremblings, palsies, contractions of the limbs, palpitations, black spots, and, finally discharges of blood by vomiting and purging, from the liver, spleen, pancreas, and mesentery, which last is often wasted or consumed by putrefaction that quickly spreads the disease by contagion. Such is scurvy : a dreadful, and I think my readers will exclaim, a formidable complaint.

TREATMENT.—It has been seen in the foregoing description of this inveterate malady, that the symptoms of it are as numerous as they are prevalent ; and from a due consideration of which, it is evident that no person who has reason to believe that he is affected with the least *taint* of the scurvy, should *rest*, until by the proper use of medicine it has been completely subdued. The rapidity with which this disorder rages, when once it has entered the constitution, is truly astonishing ; the patient is therefore warned against thinking lightly of his danger, because the symptoms may perhaps appear to him to be trifling ; and those who have begun a course of medicine

well calculated to cleanse the blood of its impurity," are strongly recommended to persist in the use of it, until every vestige of the complaint has been eradicated from the system.

The scurvy is so universal a disease, that no part is free from its ravages ; the chyle, the blood, and the lymph, are all tainted therewith. The use of medicines is sometimes obliged to be continued for some time to root out the complaint.

A few *good* medicines are, in the present times, more than doubly valuable, as the intemperance and luxury of the age are hastening the ravages of the scurvy and rendering our blood, &c., more and more impure ; and though a love of intemperance cannot on any account be defended, yet those who have been weak enough to associate with the sons of luxury, and thereby have nearly destroyed their constitutions, have the means now offered them for repairing the breach, and—so far as it is in the power of MEDICINE to assist them—to restore themselves to perfect health.

These medicines that I am about recommending, may be administered to the delicate female and tender child with the utmost *safety* and efficacy, which circumstance particularly entitles them to celebrity and the universal use and request among all classes of the afflicted.

So much has been written on scorbutic complaints, and so little done toward establishing any *certain* remedies, that very few more observations may be expected ; yet I presume the ideas submitted on the present occasion will not be considered unseasonable : particularly when it is recollected, that this disorder, if of long standing, generally occasions an hysterical, hypochondriacal, or melancholy turn of mind, which makes the patients fond of

having a variety of opinions respecting their complaint; that wish may here be gratified with little trouble, and at a very small expense.

1. Persons afflicted with scorbutic diseases should attend to cleanliness, and frequent exercise in the open air, mixing as much as possible with cheerful and enlivening company; a vegetable or milk diet, and a free use of vegetable acids, oranges, apples, lemons, limes, tamarinds, *scurvy-grass*, water-cresses, *brook lime*, and means of a like or corresponding nature. The following most excellent Anti Scorbutic Bitters should be taken with great regularity both as it regards time and doses; without which medicines do not display anything like their healing, salutary, and alterative effects on the system.

Take, Sound *hard* Cider, 4 gallons. White-Oak Bark, bruised, 10 ounces. Horseradish-root, bruised, 1 pound Seneca Snake-root, bruised, 8 ounces. Carbonate of Iron, 8 ounces. Golden-seal Root, bruised, 6 ounces. Capsicum, 1 ounce.

Put the ingredients into the cider, and let the demijohn be well shaken several times a day for ten days or a fortnight. Dose, half a wineglassful, to which one teaspoonful of good Holland gin should be added, morning, noon, night, and at bed-time; for children, the dose must be regulated according to their age. This is a Reformed-School Medicine of great value, the originator of which was I. S. Smith, M.D., who ever found it an incomparable remedy in diseases of *Debility* and an *impoverished* state of the blood; and from the extensive use which I have myself made of it in my practice, I am inclined to regard it as being almost a *specific* in the treatment of *scurvy* and other kindred affections.

New bread, fresh beer or cider, pot-herbs, and a *milk diet*, seldom fail, with the foregoing medicine, to remove

the scurvy at the early stages of the complaint. When, however, these things cannot be obtained, as happens in long voyages at sea, the patient's food and drink in this case should be sharpened with cream of tartar, elixir of vitriol, or the muriatic acid. All kinds of salad are good in these diseases ; and likewise the decoction of the roots of *water-dock*, which is made by boiling a pound of the root, fresh from the earth, in three quarts of water, till about one-third of the water is consumed. The dose is from half a pint to a pint a day, according to the strength of the constitution, and as the stomach will bear it. This is an admirable alterative or purifier of the blood, and its use should be persevered in for a length of time. Garlic, garden cresses, cloud berries, sour kroust, cochliaria, &c., are also beneficial in scurvy, and may be taken at discretion.

In every kind of scorbutic affections, the diet should be thin and attenuating, light and easy of digestion ; the flesh and broth of young animals, &c. ; all salt and smoke-dried meat should be carefully avoided, and everything that is hard of digestion, or that yields indifferent nourishment. The air should be pure, sweet, and dry, and the body should be kept always open.

A judicious author, treating on this complaint, has the following appropriate remarks on the advantages of a *milk* diet in this disease ; he writes : “ I have often seen very extraordinary effects in the *land scurvy*, from a milk diet. This preparation of nature is a mixture of animal and vegetable properties, which, of all others, is the most fit for restoring a decayed constitution, and removing that peculiar acrimony of the humors which seems to constitute the very essence of the scurvy and many other diseases. Milk is grateful to the palate and uniform in its action, gently promoting every evacuation, an efficacious

in all impurities of the blood and juices. It is strengthening and stomachic, purges mildly without irritation ; it produces in many instances, under favorable states of the system, a gentle perspiration soon after it is digested, particularly when the person exercises a little after it ; it operates mostly by the urine, the quantity of which it generally increases, and frequently occasions a very visible alteration in the color and nature of it."

This noble gift of nature to mankind promotes, when it is of a *pure* quality, all the secretions in the most gentle and natural manner ; therefore by thus gratefully assisting the *vis medicatrix naturæ* in her own way, it of course follows that perseverance in its use is necessary ; and as it variously cleanses the blood, the patient must not be surprised if he does not find *visible* good effects immediately, especially if the complaint be an obstinate one ; or if in some instances he *appear* to be worse ; but by a steady perseverance in its use, and proper attention to the other remedies to be presently mentioned, with due care to the direction, a radical cure may be *depended on*.

I would here recommend the following Strengthen Powders to be taken when the skin is *dry* and feverish, and also when there is a tendency to profuse discharges from the bowels, diarrhea, and uncomfortableness.

Take, Camphor, pulverized, 2 drams. Opium, ditto,  $\frac{1}{2}$  dram. Ipecac, 1 dram. Cream of Tartar. Super Carbonate of Soda, 1 ounce. Mix.

Dose, ten grains on going to bed. Repeat the dose as long as there is nervous irritability, disturbed rest, etc. This being nearly a purely vegetable preparation, a low vegetable diet is by no means favorable to its operations. Flesh meat may and ought to be eaten ; but it should be such as is *fresh*, plain, sound, and easy of digestion.

The breakfast should be gruel, black tea, coffee, cocoa,

milk-porridge, &c. All rich sauces must be avoided ; also spiced, salted, high-seasoned and smoke-dried provisions, as well as acids, raw cold salads, unripe fruits, and the most indigestible kinds of boiled vegetables. Eat beef, veal, mutton, lamb, poultry, and rabbits ; *roasted* meats are far preferable to boiled, and their own natural gravy should be used freely. Shrimps, prawns, crabs, codfish, and oysters may be eaten freely ; lobsters very sparingly ; but no other kinds of fish. A strict abstinence from fat, oil, cheese, bacon, and salted meats ; also from vinegar, pickles, and acids generally, *in excess*, but moderately used, they are beneficial. In obstinate scorbutic, rheumatic, or scrofulous cases, all excesses in diet, drinks, &c., are injurious ; for in these instances the medicines cannot have the desired effect. Temperance, in fine, should be observed on all occasions, as I have endeavored to inculcate throughout this work, as upon an adherence to this salutary law depends in a great measure the action of remedies generally. Says Sir Richard Jebb, in his ever to be admired remarks on hygiene, “ Health and sickness, life and death, certainly depend on the good or bad qualities of the humors. Temperance corrects and renders them perfect, having the natural power of uniting and binding them together, so as to render them inseparable and incapable of alteration or fermentation—circumstances which engender cruel fever, and end in death.”

Though salted meat is not to be eaten, it is not meant to exclude the use of *salt* with fresh meat. “ The most appropriate drink in the scurvy is whey or butter-milk ; when these cannot be had, sound cider or spruce beer may be used. A decoction of the *tops* of the spruce fir is likewise proper ; it may be drank in the quantity of a pint twice a day : tar-water may be used for the same pur-



pose, or the decoction of any of the mild mucilaginous vegetables may be resorted to,—as sarsaparilla, marsh-mallow roots, &c.” I have long been in the habit of preparing a very excellent compound of the best Honduras Sarsaparilla, Pyrola and Water Dock. Determined to have it made in a purely scientific manner, I took much pains in its preparation, using but little spirits, and evaporating in a vacuum. This medicinal compound I prescribe in all cases depending upon an impure condition of the blood and humors, with much success. My friends can procure it at the office.

Beach says, that infusions of the bitter plants, as tansy, centuary, &c., are beneficial in these complaints. All kinds of *fresh* salad are good in scurvy, and may be eaten very plentifully, as spinnach, lettuce, parsley, celery, radishes, dandelions, &c. It is amazing to see how soon fresh vegetables in the spring cure the brute animals of any scabs or ulcers that are upon their skins. It is reasonable to suppose that their effects would be as great upon the human species, were they used in proper quantity, for a sufficient length of time. “I have sometimes noticed,” observed a writer, “good effects, in scorbutic complaints of very long standing, from the use of a decoction of the roots of dock, taken in doses of half a pint to a pint daily; but in all cases where I have seen it prove beneficial, it was made strong and good, and drank in considerable quantities.”

In all diseases of the class I am now treating upon, suppers should be light, and taken as early as convenient; but the patient should take particular care not to live too much upon *slops*. A due portion of animal and vegetable food appears to be necessary to afford a proper nourishment to the human system. A biscuit, or the *crust*

of bread is far preferable to the crumb, which contains a crudity that is evaporated from the crust, especially when it is somewhat browned. Spirituous and strong liquors generally, must be abstained from. Good sound malt liquor, however, may be drunk in moderate quantity at meals. But in most constitutions where there is a scorbutic taint, all liquors in which there is a considerable proportion of hops, are injurious, whereas the juice or extract of *malt* is very serviceable. Hence it follows, that although ale or porter may, in many cases be found prejudicial, yet *sweet wort* will be essentially useful, and should be drank by all those who are afflicted with complaints of a scorbutic character. And I would here observe, that milk is not proper in all constitutions, and in a weak state of the stomach and bowels it had better be avoided. Air and moderate exercise will not only be serviceable but necessary.

As a *lotion or wash* for the eruptions or breaking-out, when present, the following will be found reliable :—

Take, Bayberry, Lobelia, Yellow Dock ; of each, equal parts.

Bruise these articles, and add a tablespoonful to one pint of vinegar or spirits. I deem this a very valuable *Herpetical Lotion*. It is to be used with a linen rag, dipped in the liquid, and bathe the parts affected, often through the day.

If an *ointment* be prepared, the following may be depended on :—

Take, Ointment of white calx of Quicksilver, an ounce ; Lime-water, Essence of Onions, of each twenty drops. To be used night and morning.

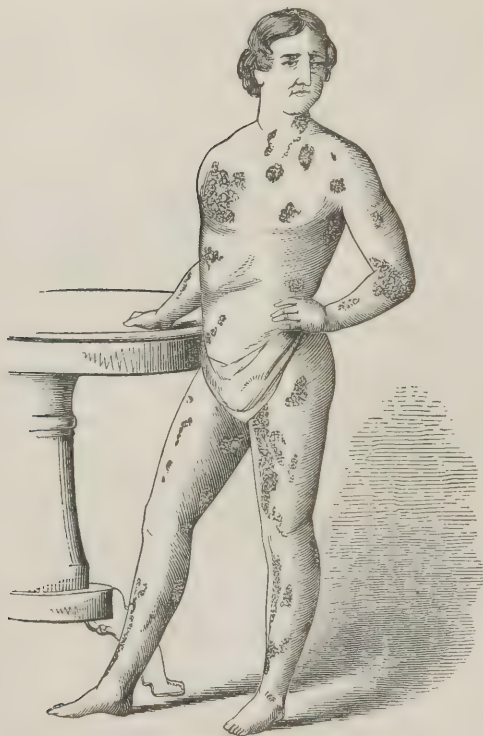
I had purposed to give a few *cases* from my notes, illustrating my treatment more fully, at the end of each chapter ; but I find it impracticable to do so without swelling the book beyond the limits prescribed for it.

## CHAPTER XIX.

### THE SCROFULA, OR KING'S EVIL.

THIS obstinate disorder has taken its name of the "King's Evil" from the circumstance of its being supposed in former times that the royal touch performed a complete and permanent cure. In its character and origin it is a disease of *debility*. It is connected with original weakness, and derives a peculiar character on account of its arising from this source. I have always found scrofulous diseases to be inflammatory, undergoing all the various processes of inflammation, which are, however, imperfectly performed. The matter secreted in these affections, instead of being firm and of a good appearance, consists of a curd-like matter, easily broken, and very soft. Scrofula is a purely *hereditary* disease, transmitted from parents to their offspring, and arising from a peculiar state of constitution.

*Symptoms.*—Hard, scirrhus, and often indolent tumors make their appearance in the glands of the neck, under the ears and chin, arm-pits, groin, hams, arms and wrists, and also on the ankle-joints; but they are commonly seated in the neck, particularly beneath the *ears*, at first like small knots, which gradually increase in number and size, until they form one large tumor. *Cold* tumors also appear on the joints and bones, as on the knees, elbows,



EFFECTS OF SCROFULA.

hands, and feet, and particularly on the fingers, breaking out with swelling, but little or no redness. *White Swellings* of the joints are also of the scrofulous kind ; these arise on the arms, legs and feet, and they sometimes fix on the knees, quickly increasing, with great pain and heat, and producing a slow fever, which emaciates and consumes the whole body. These swellings are both external and *internal* ; those which arise externally affect the liga-

ments and tendons, and relax them to such a degree that sometimes the heads of the joints separate, and the limb becomes useless, in a great measure. From inflammation and ulceration of the joints—particularly the hip-joint, the same or similar effects are produced; the head and neck of the *femur* become absorbed, and the patient, if he recovers, remains a cripple for life.

*Causes.*—Whatever tends to relax the solids or vitiate the humors, may produce the scrofula in persons naturally predisposed to it; uncleanliness; weak and unwholesome aliment; heat and cold, suddenly succeeding each other; damp, ill-ventilated, and dark habitations, as cellars, basements, &c. These and other circumstances may act as exciting causes in the production of this disease; but as I said before, its *origin* depends upon a hereditary taint of the system. Burns says, that scrofulous inflammation is marked by a soft swelling of the affected part, which very frequently is one of the lymphatic glands.

*Treatment.*—The learned Dr. Cullen, of Edinburgh, Scotland, in his Practice of Medicine, says, “For the cure of scrofula we have not yet found any practice that is certainly, or even generally, successful.” Nevertheless, I have cured many severe cases of the disease, and expect to cure a great many more, with scarcely anything else besides my compound preparation of Sarsaparilla, Pyrola, and Water Dock, the recipe for which I will here give, merely premising, that if it is not made with great care, its curative powers are very materially impaired.

Take, Best Honduras Sarsaparilla, 12 pounds; Guaiacum shavings, 6 pounds; Pyrola (European), 4 pounds; Sassafras-root bark, 4 pounds; Elder Flowers, 4 pounds; Water Dock, 3 pounds; Burdock Root, 4 pounds; Dulcamaro (root), 2 pounds.

Place these ingredients in a suitable vessel, and add one

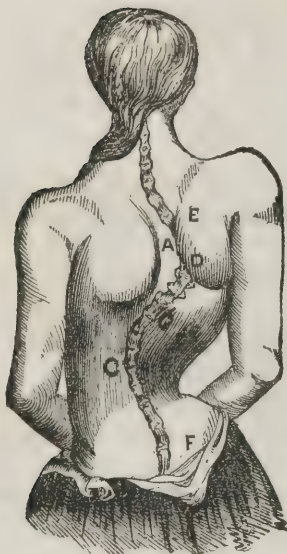
gallon of fourth-proof cider brandy, and the same quantity of water ; boil over an equal fire, and pour off the liquid ; then add water repeatedly, and boil till the strength is extracted—in each instance evaporating in a *vacuum*. When the process is entirely completed, and which it requires patience to do well, strain and reduce with pressure down to sixteen porter bottlesful ; then add thirty-five pounds of the first quality of clarified sugar. Let it stand twenty-fours to settle ; pour off—flavor, and bottle for use,—hermetically sealing the bottles, in order to have it keep. Put it by in a cool place.

*Dose*.—Two-thirds of a wineglassful every four hours. All the boasted *nostrums*, yclept “sarsaparillas,” and sold at “\$1 per bottle,” from Swaim’s Panacea down to Townsend’s “Wonder of the age,” are, in comparison with the above splendid remedy, like dross to gold. The one is an invaluable alterative medicine—the others are cruel *humbugs*, made to sell, and palmed off upon an unsuspecting public, as rare *catholicons*, for the “certain cure of every disease to which flesh is heir.” The old saying, that “The world is a goose, and he is a fool who won’t pluck her,”—one would really begin to think is not altogether devoid of meaning.

The above compound is capital, not only for *scrofula*, but for every other complaint depending upon debility and an *impure state of the blood*.

Every author we have ever read, tells us that *scrofula* is a disease which has long been considered as “extremely difficult, if not impossible to cure ; and it has even been said, that if the struma appears in the neck after the patients arrive at forty years of age, they seldom recover.” Now, I would respectfully beg to differ with the writers, and suggest to them, that had they resorted to the use of





SPINAL DISEASE CAUSED BY SCROFULA.

*vegetable* medicines, instead of persisting in the administration of poisonous minerals, they would have had a far different experience to record respecting these complaints. However, it is not too late to acknowledge one's error, but to continue on blindly in the adherence of their false notions, is reprehensible in the highest degree.

A generous and nourishing diet, light and easy of digestion; a warm temperature of the air, and continual exercise, are of great importance in the cure of the King's Evil.

In case there are ulcers on different parts of the body, or on a single spot, a *wash* composed of smith's-forge water and brandy, equal parts, and applied several times

a day, with a bit of linen rag, which is afterward to be dipped in the liquid and placed over the sore, will soon heal the parts. The following *ointment* must be used alternately with the wash ; or the wash during the day and the ointment at night.

Take, Garden Celendine, the herb or the plant ; bruise and cover with spirits. Put the vessel over a slow fire and let it simmer for fifteen or twenty minutes ; then add fresh butter, and let the whole remain over the fire till the leaves are crisped ; strain.—(BEACH.)

Spread on a linen rag and bind it over the ulcer. It is also a good ointment for the piles, eruptions on the skin, &c. This preparation I have christened “ Herpetic Ointment,” for the sake of convenience.

\* \* In *strumous* swellings of the glands of the neck, the lotion ordered in scorbutic cases (page 217), must be used, provided the skin be not broken. If already ulcerated, they must be treated as just described.

## CHAPTER XX.

### ON ERYSIPELAS OR ST ANTHONY'S FIRE.

THIS complaint is denominated an *Eruptive Fever*, or external inflammation, generally breaking out in the face, and sometimes the breast, the legs, arms, or other parts of the body; with much redness, and is frequently accompanied by numbers of small pustules, which, when the inflammation increases, are converted into blisters. It often commences with a violent pain in the back and head, a violent shaking like the ague, heat, vomiting, &c.; in a few days the matter appears on the surface of the body. There is nothing more dangerous than to check this eruption, or for the expelled matter to return to the inward parts.

Erysipelas is most common about the middle age of life, and persons of a sanguine or plethoric habit of body are most liable to it; although it may occur in young persons, and other temperaments than these, as I have many times seen in my own practice. It is chiefly occasioned by vitiated secretions, obstructed perspiration, or by anything that has a tendency to corrupt or poison the *blood*. The following interesting account would go to prove that this disease originates in a specific poison or *virus*. "At Worcester, Mass., May 28, 1842, Mr. Samuel Harrington, aged 50 years, an undertaker, and his wife Nancy, both

died of erysipelas, contracted by Mr. H. from a corpse which he assisted in laying out on the 23d of April preceding. A daughter very narrowly escaped death from the same cause. While adjusting the head of the corpse in the coffin, he got erysipelas matter from the deceased person into a slight cut on the ball of one of his thumbs, made with a bit of glass a few days previous. Shortly thereafter he experienced a sensation of heat and smarting in the thumb, and very soon erysipelas distinctly manifested itself around the cut, and rapidly spread throughout the whole arm, soon terminating fatally. His wife and daughter both contracted the disease while attending him."

TREATMENT.—When erysipelas attacks the face, the swelling is often so great as to completely close the eyes. The disease often assumes the chronic form,—the fits or flashings coming on periodically ; when such takes place, steaming the body in a vapor bath should be resorted to without loss of time ; some think the bath will be more efficacious if the steam be impregnated with a good supply of *yarrow* instead of simple water. In this opinion I fully agree. *Yarrow* poultices make good applications over the inflamed surface ; but poultices of *slippery elm* and *flax-seed meal*, equal parts, and thickened with warm cream or milk, I have found superior to most others ; in fact, Dr. Beach calls this a "sovereign remedy." "In cases of simple ulceration," says Dr. Comfort, "use a poultice of *slippery elm*, *white pond-lily root*, *ginger*, and *pounded cracker* ;" when the disease attacks the face and head, the parts should be steamed and poulticed at night, and during the day dressed with *yarrow* or *celendine ointment*. It has also been repeatedly cured with an ointment made of *dock-root* and finely pulverized *lobelia*.

“An entire course of medicine should be frequently given, followed by the *Tonic Bitters*, or a strong tea made of *agrimony*, *clivers*, *speed-well* and *yarrow*, the latter should never be omitted.”—*Stevens*. A moistening and slender diet, totally free from everything heating, should be observed in this complaint. The food should be light, such as slippery-elm gruel, crust-coffee, milk dishes, custards, boiled chickens, &c. ; all spirituous liquors should be avoided, as well as the flesh of swine, fat, and wild game of all kinds.

By way of contrast between the REFORMED PRACTICE and the old or Allopathic school, I will give you a summary of the latter: *Old practice*—*mercury*, *antimony*, *arsenic* ; and if on the leg, to *score* it and rub it with Spanish flies or *blister-salve*. This is proposed by an orthodox (allopath) practitioner, *Professor Lawrence*, whose ingenious cruelty ought to have been rewarded by a taste of his own *remedies*, in the way of experiment.

## CHAPTER XXI.

### LIVER COMPLAINT.—(HEPATITIS).

THIS disease is commonly divided into two varieties, namely, *acute* and *chronic* hepatitis. The *symptoms* of the *acute* form, are a sense of weight and pain in the right side and shoulder, or between the shoulder-blades; yellowish or pale complexion; great depression of spirits: loss of appetite; costiveness; urine high colored, depositing a red sediment and ropy mucus. It is most generally accompanied with fever, dry heat, attended with pain and tightness in the right side and hypochondrium (under the right false rib), and is often pungent like that of pleurisy, but more frequently dull. Much uneasiness is felt in lying down on the *left* side, with difficulty of breathing; a dry cough, and sometimes vomiting and hiccough.

The chronic, or long-standing kind of liver complaint, may, besides the above, have flatulency, pain in the stomach, foul mouth and tongue, while the latter is much coated; also all or nearly all the symptoms of indigestion; a yellow tinge of the skin and whites of the eyes; clay-colored stools; weakness, and slow progressive emaciation. These symptoms are, however, often so mild and insignificant as to pass almost unnoticed, as large abscesses, or collection of matter, have been found in the liver, in dissection, which in the person's life-time had



created little or no inconvenience, and which we may presume to have been occasioned by some previous inflammation.

In the East and West Indies, and in all hot climates, inflammation of the liver is a fatal disease; but in Europe, and in this country, the disease is seldom attended with fatal consequences of an immediate nature.

When suppuration, or the formation and discharge of matter takes place, the patient mostly recovers, unless the strength has been greatly reduced by the remedial means made use of, or the constitution has given way previously.

Then it often happens that a hectic fever is produced, and the patient sinks without any bursting of the abscess; but when the constitution is good, and the strength is yet to be trusted to, adhesions form between the part where the abscess is and some neighboring part, and the pus is discharged by the different rivulets with which this organ is connected, by coughing, vomiting, purging, or by the abscess breaking inwardly.

Now, who with a grain of common sense in his skull, or possessing a fair share of humanity, and having any knowledge whatever of the poisons so mercilessly employed, can read this account without a chill of horror? Well may Dr. Frank exclaim, that "Thousands are murdered in their quiet, sick rooms." But though this is the treatment relied upon by the great mass of physicians of that school, who are every year, like the sportsman, *licensed to kill*, it would be too much, perhaps, to say that *all* are alike obstinate and blind. Dr. Barnwell declares that he has witnessed the destructive effects of mercury in this disease, on both sides of the Atlantic. "The abuses of mercury," says he, "in cases of acute inflammation of the liver, or in *any* stage of it, when attended with acute pain,

we know to be the most *pernicious* mode of treatment which it is possible to invent. About fifty years ago, mercury came into general use in India, in this complaint, and when the patient died from its use (as they commonly did), the acute pain was set down as incurable." Reflecting on the above, in connection with the belief assumed by Dr. Bay, that there are herbs to cure all diseases, though not everywhere known, reason would have supposed that, rather than resort to such barbarities as are detailed in the treatment of Dr. Hooper, religion and mercy, with streaming eyes and bleeding feet, would, o'er rock and thorns, have reached each wilderness for that efficient herb ; but a stronger perversity reigns throughout the medical profession. Dr. Graham, whose work on Medical Practice is one of the best publications from the old school, says, "The unthinking and unskillful part of the profession almost universally agree, that mercury is here the fit and only remedy, but those whose experience and judgment are mostly to be depended on, are very cautious in the use of that mineral, and place little reliance on it in the treatment of this disease." Nevertheless, with the usual inconsistency, Dr. Graham relies on a milder form of this destructive poison in the chronic variety of the complaint ; but concludes by stating, that the *dandelion* "is a very useful medicine for this affection." "A man," says this writer, "about 40 years of age, living at Watertown, had felt uneasiness in the right side for several years ; about two years since it increased to actual pain, which being accompanied with a quick, hard pulse, loss of flesh, and considerable debility, caused him to relinquish his employment. All the symptoms concurred to prove this disease to be a severe liver complaint. Many means were tried for months, such as bleeding, cupping, blisters, mer-

cury, &c., but they proved no remedies to him. At length we advised him to take a teacupful of strong decoction of *dandelion* twice a day; he did so, and I saw him no more as a patient. It succeeded to admiration in relieving and restoring him." Here is a pretty confession, truly! And why not have given your patient this admirable physic of the fields before, instead of previously submitting him to great expense and torture? Simple Dr. Graham! The public will suspect the why and wherefore.

Dr. James Johnson says, in the *Medico Chirurgical Review* for January, 1829, "The more the *dandelion* is employed, the more certain profit it will afford of its utility." A fact to which I could testify in more than a hundred cases, wherein I have cured every stage of this complaint, both with a simple extract of the herb and root, or in combination with other medicines that greatly facilitated the cure. There are one or two instances which occurred to me, and which I will here relate, for the purpose of illustrating the *reformed practice*:—About two years since I had a young married woman brought to me by her husband for advice, respecting a large swelling, about the size of an ordinary teacup, under the right shoulder blade. It gave her extreme pain, and caused sickness. It was accompanied with a dry cough and asthma; she had suffered now about four years—had enjoyed what is called the best, *i. e.* the most *expensive* advice, and was pronounced incurable. Her complaint was variously stated to be consumption, liver complaint, asthma, &c., but the tumor puzzled them all. She was much emaciated, the pulse beat weak and hard, but high and feverish; her appetite was gone, and she had been bled, blistered, and several times salivated. Of course, both the patient and her husband considered the tumor

the worst part of the complaint ; but I told them it was the best symptom about her ; it was nature struggling to be free, and making an outlet for disease to escape ; that it would be worse—become more painful, and that it must be increased and brought to a head. This alarmed her, as she had been told that if it went on to that state, it would prove an immense abscess, which would not cease to discharge until it had killed her.

Now this was a clear case of liver complaint, in which ulceration had taken place, and the tumor was that ulceration seeking an outlet. The other physicians would vainly attempt to suppress what I would increase. I soothed her fears, and began my treatment with a large decoction of dandelion, half a teacupful four times a day, made hot with the addition of a little African cayenne added thereto, a pill every night of No. 1., a vapor bath once every week, with a warm water bath for the feet and legs every night, and at the expiration of three days an emetic. In one week under this treatment her appetite returned, and the cough abated, but the tumor, as foretold, increased both in size and in pain. I now ordered for it fomentations of *hops* and poultices of *ulmus* and *linseed*. The patient continued to improve rapidly in her general health, and the swelling grew worse, till the fourth week, when it shewed a *white head*. When I found it had become sufficiently ripe, I pricked it with a lancet, and it discharged about a pint of terribly fetid matter and corruption, and she was immediately free from all pain or other inconvenience. In about two weeks after, the cicatrix was formed, and my patient, overjoyed, declared herself perfectly well.

Another extreme case was that of a laboring man who had suffered for six years from an immense swelling, covering



SKELETON VIEW OF THE LIVER—ITS VESSELS, ETC.

the whole of the right hypochondrium, and accompanied by most of the dull symptoms of chronic liver complaint. I administered very little medicine, and prescribed less ; for he had heard all my lectures which were delivered about that time, and treated himself. Having, in those lectures recommended the treatment here laid down, he tried it, and being a person of sound judgment, he had met with success, and come to show me the results, and to thank me. The swelling had all gone, except a small circumscribed space at the centre, about two inches in diameter. He had no pain, but a firm belief that a cure would be established, which took place in about a fortnight thereafter.

For the general treatment of liver complaint, I must remark, that in addition to the hints given in the cure of the two cases above-mentioned, the precautionary observations on indigestion will always apply to this disease—while sick headache, foul tongue, or heaviness in the region of the stomach will indicate the necessity of a mild emetic of ipecacuanha. Should great heat, inflammation, or

feverishness be present, the use of the medicated vapor bath will be highly advantageous.

The best prescription to be employed, as a general medicine, is the following :—

Take, Dandelion roots and leaves, three handsful ; Bayberry Bark,  $\frac{1}{2}$  ounce ; Poplar Bark, 1 ounce ;—boil one hour in 3 pints of water ; strain, and add, Cayenne, 1 teaspoonful, Curcuma, pulverized, 2 teaspoonsful.

Mix thoroughly, and take about half a teacupful four times a day.

One pill at night of No. 1 (see Appendix), will, if nausea be not produced by it, prove of much service.

Should the bowels be costive, regulate them with pills of No. 3., as directed under the head of Indigestion.



## CHAPTER XXII.

### JAUNDICE (ICTERUS).

**DESCRIPTION.**—The word jaundice is derived from the French *jaunisse* or yellowness, *jaune*, yellow ; in medicine, a disease consisting in a suffusion of the bile to the surface of the body, whereby the whole exterior is discolored, and looks yellow. There is also a variety of this disease called the *black jaundice*, which depends upon a more vitiated state of the bile than the other, and is a worse grade of disease.

**Cause.**—The immediate cause of the jaundice is an obstruction, from debility, of the bile in its passage into the duodenum.

**Symptoms.**—This disease first shows itself by a yellow tinge of the skin, beginning, gradually, in some instances, in others suddenly, and is commonly first noticed in the white of the eyes ; the urine is tinged of a deep yellow or brown color, which stains the linen of the same hue ; a very pale or clay-coloured appearance of the stools, together with an absence of the common feculent smell ; a sense of lassitude and weariness, and a loss of appetite ; the patient is dull, oppressed, and generally costive. These symptoms are soon succeeded by others, and the yellow suffusion becomes general all over the body, even including the finger and toe-nails ; the skin is dry, and there is a sensa-

tion of itching or pricking pain oven the whole body. There is sometimes a continued propensity to sleep, but in others there is too great watchfulness ; and sometimes the pain, particularly at the pit of the stomach, is so severe that the patient cannot sleep. This pain comes on by fits or paroxyims. As the disease advances, the yellow color becomes more and more deep and fixed ; and even the internal membranes and tissues, the bones, and the brain itself, become more or less tinged of a yellow color. The secretions are also all affected with the yellow color of the diffused bile, which, in this disease, is poured into the whole mass of the fluids ; the saliva or spittle becomes yellow, bitter, or insipid ; and in some cases the urine is so excessively high-colored, as to appear almost black ; and even the blood itself is said to be of a yellow color, when drawn from the veins—a fact which I have myself observed in patients laboring under this disease in the Parisian fever hospitals. “ In process of time the blood begins to acquire a tendency to dissolution and putrefaction, which is known by the patient’s color changing from deep yellow to a black or dark yellow color. Hoemorrhages ensue from various parts of the body, and the patient frequently dies of apoplexy, though in some the disease degenerates into an incurable dropsy.”\*

TREATMENT.—In the cure of jaundice, the great and fundamental principle is unquestionably the removal of obstruction to the free flow of bile from the liver to the duodenum, or second stomach ; but the measures to be adopted for this purpose must vary according to the nature of the obstructing cause. As this disease is, in my opinion, merely a symptom arising from previous disease of

\* A late Author.

the *liver*, it is to be overcome or removed by correcting the secretions of this organ and by subduing the derangements of the general health; and though the following remedy has been found to be the best, in many cases, judgment should be exercised in accordance with the state of the patient, and choice of the several articles recommended.

Take, Barberry Bark,  $\frac{1}{2}$  ounce; Golden Seal, 1 dram; Cayenne,  $\frac{1}{2}$  do.; Water 1 pint.

Simmer one hour, then strain, and take half a wineglassful four times a day. Also, take a pill of ipecacuanha night and morning, or three a day, if nausea is not thereby produced. In all instances where the stomach is much disordered or foul, it must be cleansed by an emetic, as recommended in other diseases previously mentioned.

Says Dr. Thompson, "Straining efforts to vomit, when the system is warmed by the vapor bath, or by the influence of nauseants, will form the surest means of removing obstructions either in the gall-ducts or in the liver. A warm, stimulating *poultice* of equal parts of *mustard flour* and *Indian meal*, thickened with *vinegar*, and applied warm to the pit of the stomach, may often relieve pain in the liver. Bitters, such as *barberry*, *golden seal*, *bitter herb*; or *balmony*, and *poplar-bark*, equal parts, pulverized, and one ounce of the mixed powder put into half a pint of spirits and a quart of sound or hard cider, will be found good for the patient in many instances. *Celendine*, *agrimony*, *blood-root*, *hemp-seed*, boiled in milk, besides many other articles and compounds, have been recommended as specific remedies for jaundice; no one, however, can in all cases, be exclusively relied on: but they are all excellent, and the first in the list may produce the desired effect, so that we are not to give up

and be discouraged because this or that did not happen to have the desired operation ; for I am quite sure that if some one of them be judiciously administered, they will seldom or never fail. Dr. A. Sherwood states distinctly, that the *tincture of blood-root* (*Sanguinaria Canadensis*) is a sure cure for this complaint ; the dose is from twenty to fifty drops, three times a day, in a little water or *dandelion-tea*.

Now, I have seen wonders performed by *raw eggs*, in this disease, and if the patient chooses to try this simple remedy first, he will not act unwisely. I have great confidence myself in this remedy. The late Dr. Charles White, a physician of eminence and ability, held the use of raw eggs in great estimation, and makes the following remarks on the subject, in his excellent Treatise on the management of Parturient Women, page 473, vol. vi. " It is not impossible, that the temporary jaundice to which women with child, new born infants, and even adults, of both sexes, are frequently subject, owes its origin to the stoppage of the mouth of the *ductus communis choledochus* (the duct which carries the bile into the intestines), by some tenacious matter or other obstructing either totally or in part the passage of the bile into the duodenum, whereby it is forced back into the blood. The attention which I have paid to jaundiced patients of both sexes, and of every age, who have been repeatedly cured by *taking raw eggs in cold spring water*, has inclined me much to this opinion. My supposition is that eggs act as a *dissolvent* of the gluten which obstructs the mouth of the gall-duct, thereby opening a free passage for the bile into the duodenum. We know that yolks of eggs will destroy the tenacity of gums and resins, and render not

only them, but also oils and natural balsams soluble in water.

“The first trial I had of this remedy was upon myself about fourteen years ago, when I was afflicted with the jaundice, and had been so for many weeks, being much reduced,—no bile having for a long while passed into the intestines. When my skin was almost black, and after I had in vain taken large quantities of soap, madder, steel, rhubarb, and aloetic medicines, an officer of marines told me that, if he might be allowed to prescribe, he would immediately cure me. Like a fool, I laughed at his, as I conceived, stupid proposal, when he told me that some years before in the Mediterranean, he was troubled with the same disease, to as great a degree as myself; and that after he had ineffectually tried all the remedies the surgeon of the ship could think of, a Spanish physician at Minorca had assured him that he could cure him in a few days, by this simple prescription only:—Two raw eggs, the whites as well as the yolks, to be taken every morning in a glass of water, fasting, with the addition of an egg every four hours during the day. That in three days, after following this advice, he began to perceive the bile in his stools, though none had before appeared in them for a very long time; that he immediately began to recover, and was soon effectually cured. Upon considering the dissolvent property of the yolk of eggs, and that eggs must at least afford a nourishment totally free from acrimony, I began to feel exceedingly foolish for my previous insolence toward this gentleman, and entertained a far more favorable opinion of the recipe.

“I tried it, and found it had exactly the same effect which he had promised me. Though I was certain no bile had passed through me for six weeks (the color of my passages

having been all that time of a whitish-gray appearance), upon taking the eggs only three days it began to flow, and in only one day more, in as great plenty as I could wish. The evacuations, to my great delight, once more assumed their healthy natural yellow hue, and I have never since had a return of the disorder. Being fond of this sort of nourishment, I continued to take raw eggs for some months after the cure was effected. I have recommended the use of them to many persons laboring under this complaint, and have always had the satisfaction of finding them successful, except in cases where the disorder was occasioned by organic disease of the liver, or by calculi in the gall-ducts or gall-bladder.”



## CHAPTER XXIII.

### INFLAMMATION OF THE STOMACH.

DESCRIPTION.—Like the preceding disease, this complaint is divided into two varieties, namely, the *acute* and *chronic*. The malady is dependent on an inflammation of the lining coat or membrane of the stomach, characterized by fever, great anxiety, burning and lacerating pain, heat, &c., over the region of this organ, and which are greatly aggravated when food is taken into the stomach; also by hiccough, small and hard pulse, great debility, etc.

*Causes*.—Inflammation of the stomach is brought on by mechanical irritants and acrid substances, such as the poisonous minerals—*arsenic*, *antimony*, *calomel*, &c.; also by food or drink of an improper kind; drinking cold water when the body is over-heated; suppression of habitual discharges, and the like. It may likewise be produced by inflammation of some of the neighboring parts attacking the stomach by sympathy,—as disease of the brain, for example—or from a sudden check of perspiration by any cause.

*Symptoms*.—Violent burning, heat, pain, and swelling are experienced in the stomach, particularly on swallowing fluids; urgent desire for *cold* drink is expressed; hiccough, cold extremities, hard, quick, and tense pulse; pain increased on pressure. There is also great thirst;

when anything is eaten or drank, it produces great difficulty of breathing and swallowing ; but after a draught of *cold* water, a temporary mitigation of the gastric pain ensues ; great disgust of warm drinks of any kind ; and sometimes fits and fainting occur. There is restlessness, with incessant tossing of the body to and fro, and great prostration of strength from the beginning.

TREATMENT.—In the *acute* form of this disease, I am totally opposed to the administration of *any* medicine by the stomach, being fully convinced of the folly and pernicious effects of such quackery. The course, then, which I have pursued for so many years with unexampled success, in the treatment of this complaint, consists, in the first place, in applying the vapor of hot water to the whole external surface of the body, by means of the common method invariably resorted to by me, which precludes the expense and inconvenience of a regular vapor bath, and consists simply of a small tub or pail, two-thirds filled with boiling water, over which a narrow board is placed for the patient to sit upon, who is placed upon it, with a thick blanket thrown over his body in such a manner as to accurately cover the surface, with the exception of the head and face. I also recommend my patients to place their feet and legs in another pail of warm water, into which a handful of salt has been thrown, while they are sitting over the other one ; and an attendant is requested to cover the limbs with a second blanket, in such a way as to be enabled to wet the patient's feet, &c. well, while he is upon the tub, which is commonly during the space of half an hour, or thereabouts. The sufferer is now to be gently wiped dry, and placed in a warm bed, in a room sufficiently large and airy to admit of a free circulation of pure air. Fomentations are now to be made of bitter

herbs, hops, &c., and applied warm over the region of the stomach, where the pain is most severe. His thirst may be assuaged by *cold* flaxseed or slippery elm tea, given in small quantity at a time ; cold toast water, lemonade, &c., are also good and appropriate drinks, and may be alternately administered, at the option of the patient. Mustard drafts are, at the same time, to be applied to the soles of the feet and the palms of the hands ; and a poultice of the same may be placed at the pit of the stomach, alternately with the bitter-herb fomentations. This latter should be removed at the end of fifteen or twenty minutes, or when the patient begins to complain of its creating too much heat or pain ; but it should be reapplied occasionally until the inflammation is subdued or greatly mitigated. If the patient complains of headache, cold lotions of alcohol, water and vinegar, equal parts, may be applied by means of thin cloths dipped therein, and placed over the seat of pain. Should the bowels be constipated or bound, an *injection* of one pint of warm flax-seed tea must be thrown up the fundament, and which the patient must be directed to retain for half an hour, or longer ; the application of a warm folded napkin to the orifice, will greatly aid him in retaining the enema, if he cannot otherwise do so. It is very important to keep up a gentle perspiration until relief is obtained, and which may readily be effected by allowing the patient to drink frequently small quantities of cold water, or any of the teas above-mentioned, and by covering him with plenty of blankets ; although it should be remembered that *profuse* perspiration is not required, but that it is, on the contrary, injurious, on account of its tendency to weaken the patient.

All acrimonious and irritating food and drinks are to be carefully avoided. “ The weakness of the patient may

deceive the nurse, and induce her to give him wines, spirits, or other cordials ; but these always increase the danger, and have been known to occasion sudden death.”

It is in this, and I may say in all *acute* diseases, that the Thomsonian practice is so pernicious and fraught with the greatest evils ; and he who would recommend *cayenne tea*, *lobelia emetics*, and *composition powders*, must, indeed, be ignorant of all that pertains to the pathology of such diseases ; and he who would maintain that he has *cured* diseases of this description with the Thomsonian remedies above-mentioned, is none other than a pretender, and not a scientific physician. These remarks apply equally to all *systems* of medicine which depend upon the administration of *stimulants* for the alleviation or cure of acute inflammatory diseases. Such remedies must, of necessity, aggravate such complaints, but *cure* them they never have nor can. In diseases depending upon debility alone, and in many chronic complaints arising from *cold* phlegm, &c., such as colic—windy, flatulent, or cold—stimulants are beneficial, when judiciously given ; and the botanic stimulants and aromatics are the appropriate means to employ in such cases ; but the poisonous mineral stimulants, calomel, &c., are always injurious, and should never be taken into the system. All systems of medicine—*chrono-thermalism*, homeopathy, allopathy, and the like, are *bad*, in so far as the recommending of *minerals* is concerned ; but in many other respects any and all of these methods of treating disease, are beneficial. He who would condemn *whole* systems, however, on account of certain errors by which they are unfortunately disfigured, lacks discrimination, and may be safely accounted a narrow-minded, selfish individual, and cannot be trusted to with confidence ; or else he is un-

just, and wants common charity ; such an individual (and there are such) is also unprincipled, and would go all lengths to gratify his malice and wicked disposition.

There is no one system of medicine, or other science, that has not much good mixed up with much that is erroneous or bad ; but no *sensible* person would presume to subvert such on that account, from fear of the ridicule and contempt he would thus incur ; and certainly, no sensible and *honest* person would, for a moment, wish such an occurrence to take place ; but he would, on the contrary, wish to *examine* and *investigate* every system, for the purpose of adopting all they contain that is valuable, and rejecting whatever he may *prove* to be useless. He will endeavor to rectify, by peaceful language and persevering industry, errors or mistakes ; but he will never seek to destroy the valuable for the sake of getting rid of the useless.

The food, in this disease, must be light, thin, cool, and easy of digestion ; it must be given in small quantities, and should never be more than of a luke warm temperature. Thin Indian meal gruel has a charming effect in this complaint ; light toasted bread dissolved in cold water, or very weak chicken tea, are proper nourishment in this complaint. The drink should be clear whey, barley water, in which toasted bread has been boiled, or decoctions of mucilaginous vegetables, as marsh-mallows and ulmus, linseed tea, &c., as already mentioned. Some idea may be formed of the extent of injury inflicted on the constitution, through the errors of the common practice, by the following quotation from Dr. Graham, whose treatment is generally of the milder kind :—" There is no case of inflammation in which bleeding is carried to a greater extent than in that of the stomach. Recourse must be had





THE STOMACH.

C, Cardiac Orifice or Entrance. P, the Pyloric Orifice, or Opening into the Intestines. SS, smaller Arch or Curvature. G G G, the great Arch or Curvature.

to it immediately when the disease begins to show itself, and if the symptoms do not yield, it must be carried as far as the habit will bear. And so far from only letting blood when the pulse is full and strong, the *smaller* and *weaker* it is, generally speaking, the more necessary does copious and early blood-letting become. After a large quantity of blood has been taken away, the inflammation will suddenly disappear, but we must be prepared for a recurrence of the disease, which to a greater or less extent almost always happens. The gentle prescription is followed up with the administration of calomel and opium blisters and clisters, *ad infinitum*. Says a late writer—"If the patient recovers sufficiently, by reason of his powerful constitution, in spite of the poisoning and torture he has been subjected to, to be about again, it is but to drag his ruined frame over a few weeks, or it may be months, perchance, to the tomb, which effectually hides the *murder* scien-



tifically, fashionably, and legally committed, from vulgar eyes; on which to comment further, would be an insult to common sense."

In *chronic* inflammation of the stomach, as in most diseases of a chronic, long-standing, or "*incurable*" nature, I rely upon such remedies as are mentioned under *indigestion*, and other kindred maladies, in conjunction with the application of *electro-magnetism*, with which latter agent some of the most extraordinary, yes, *marvelous*, cures have been repeatedly performed, even now in this enlightened age, while most of the "*faculty*" and other *conceited individuals* are poohpoohing at it, calling it "*humbug*," &c.; but I would advise these *gentlemen* to take to a little *industry*, and wag their tongues less, if they would not be in *error* all their lives, dying, as they have lived, benighted to the last. Investigate *first*, condemn afterwards. If the world would adopt and *live up* to this motto, there would be less ignorance and quackery in society, and the sciences would progress forward instead of *backward*, as they are now doing, in a measure, I regret to say.

In concluding this chapter, I would here add, that many diseases, as well as the above, which are almost universally accounted incurable, the "*opprobria* of the Art," &c., such, for instance, as—Palsy, Scrofula, White Swelling, Dyspepsia, Amaurosis, Gout, Rheumatism, Wry Neck,—and in fact nearly the *whole list* of so-called "*incurable*" *medical*, as well as nine-tenths of the *surgical* diseases, incident to the human body, in its present unfavorable state of existence, may be readily *cured*, by a judicious application of the above means. In truth, there is not a disease, unattended by structural lesions, or in which the powers of life are not irreparably exhausted, but what

may be certainly cured, by any really enlightened and scientific practitioner, who uses the *grand means* above mentioned. With this fact I have long been impressed, or I should not so confidently make the above unqualified assertion.

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### *Heartburn (Cardialgia).*

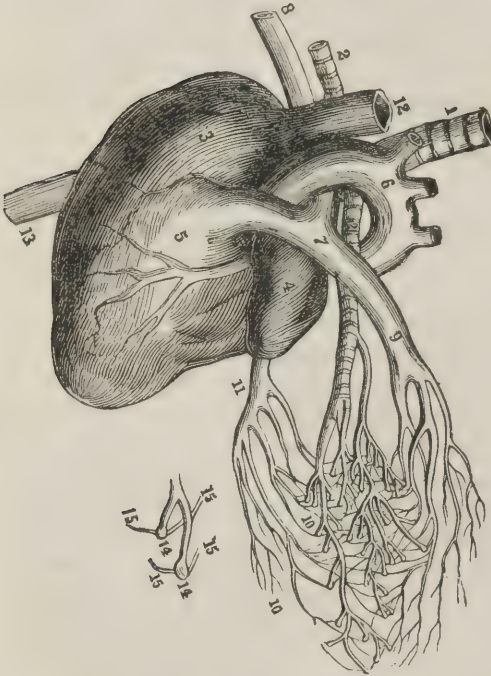
**DESCRIPTION.**—This disease comes on with an uneasy sensation about the region of the pit of the stomach; it is accompanied with considerable anxiety, difficulty of breathing, loss of strength, inquietude, vomiting, coldness, and trembling of the extremities. Those persons whose stomachs are loaded with acid mucus, or who are troubled with bilious disorders, are most subject to this complaint.

**Causes.**—The causes of heartburn are various, as wind, acid, and acrimonious humors in the stomach, and vitiation of the gastric juice; it may, also, arise from debility of the stomach, or from a loss of its mucus; worms, and frequently spicy food, and translations of rheumatism or gouty humors to the stomach, or from an ulcer in any part of it. It may be occasioned by fat meats, particularly if cold liquors be drank too soon after. If it proceeds from bilious matter, it is attended with bitter and nauseous eructations or belchings, as well as by a yellow or greenish discharge by vomiting, collections of blood in the region of the stomach, plethora, or spasms.

**TREATMENT.**—When the complaint appears to proceed from acidity, or sourness of the stomach, with belching, heat, pain, &c., the following is to be taken, namely :

Take Barberry (bark of root); Balmony, bark of do.; Aspen, bark of do.; of each, powdered, 1 ounce.

Of this powder an ounce is to be put to a pint of hot



### THE HEART

1. The Trachea or Wind Pipe. 2, 2. The Bronchi or Air Tubes. 3. Right Auricle. 4. Left Auricle. 5. Origin of the Pulmonary Artery from Right Ventricle. 6. The Aorta, arising from Left Ventricle. 7. Pulmonary Artery, dividing into 8, 9. Branches for Right and Left Lungs. 10. Mode of Termination of Small Vessels and Air Tubes in Lungs, better seen in 14 and 15. 11. One of the Pulmonary Veins. 12. Superior Vena Cava. 13. Inferior Vena Cava.

water—let it stand twenty-four hours. Dose, half a teaspoonful three times a day. In case this should not soon mitigate the symptoms, which is, however, rarely the case, a mild emetic of *ipecacuanha* may be administered, fol-

lowed by a cathartic of salts and senna. Sometimes this disease depends for its origin upon *wind*, in which case a wineglassful of *spearmint tea* I have found advantageous. The food must be light and easy of digestion, avoiding all fat and greasy substances.

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### *Cramps in the Stomach.*

DESCRIPTION.—This disease is a violent and painful one, making its attacks very suddenly, and may be regarded as being extremely dangerous, demanding prompt and energetic measures for its removal; persons whose constitutions are bad, and whose temperament is of the *nervous* variety, are the most subject to this affection. Cramps in the stomach may arise from acrid substances in this organ, and, also, from a check of perspiration.

In treating this complaint, the first thing to be resorted to is *friction* over the whole region of the stomach, which should be done with the naked hand, upon which a small quantity of the *tincture of cayenne* has been previously poured; this manipulation should be continued until an extra degree of *heat* has been developed in the parts, and the pain has abated. In case that this should, however, not prove efficacious, the patient may take a tea composed of half a teaspoonful of capsicum to half a tumblerful of hot water, which he should drink as quickly as possible; or if preference be given to *peppermint sling*, hot, it may be substituted for the former. At the same time, it will be well to have the feet bathed in warm water and salt, and a mustard poultice should be placed over the pit of the stomach, and be allowed to remain on for fifteen or twenty minutes. Should these means fail to afford relief, I recommend the application of a heated brick, covered with a cloth and steeped in vinegar, to the breast or over

the seat of pain, as hot as it can be well borne. I have known this simple means to afford immediate relief and remove a severe cramp when all other means had been tried and failed. The patient may also take a teaspoonful of valerian or ladies' slipper powder, which should be repeated every fifteen minutes till relief is obtained. Or the medicines recommended in inflammation of the stomach. The vapor-bath might also be employed, in case of necessity.

The *meadow sweet* (*spiraea ulmasia*) has been known to have immediate control over this disorder, either in the form of strong tea made from the leaves, or a dram of the pulverized root or seeds; any of the above remedies may be advantageously combined with it. Or,

Take the pulverized Seeds or Root,  $\frac{1}{2}$  dram; Tincture of Myrrh, 1 do.; Cayenne,  $\frac{1}{2}$  teaspoonful.

These ingredients are to be put into half a tumblerful of hot water, and when cool the tea is to be drank at a dose, which may be repeated every half hour until all pain subsides. If the patient be also subject to flatulency or wind in the stomach, the *tincture of assafætida* should be used in the same quantity, in place of the myrrh. This prescription should be kept ready, if the person be subject to this disease.

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### *Acidity of the Stomach.*

This is commonly caused by the presence of rich food and fat substances in a weak and disordered stomach. When the system has become impaired by excesses, or mineral medicines, it is a usual practice to resort to alkalis, such as pearlash and salætatus; but this course weakens the organ, and at best only affords temporary relief. And the same may be said of carbonate of soda, yet

for this symptom of disorder there is scarcely any medicine more generally resorted to by physicians. I will here quote from Dr. Graham, an English physician, who in speaking of this, condemns the practice, and says :— “ Indeed, if we may judge from the frequency with which we witness professional men prescribe *carbonate of soda*, we would be led to regard it as a most valuable remedy ; this I firmly thought, but close observation and more ample experience of the operation of medicines, fully convinced me that *this is a great mistake*, and that there are few medicines employed which are more debilitating to the stomach, and through it to the whole body.” A more healthful anti-acid than any of the former, and which may be more beneficially employed in this complaint, is lime water made in the following manner :— Take of fresh burnt lime two ounces ; put it in an earthen vessel and pour on half a gallon of cold water ; then allow it to settle for three hours, and strain. The dose of this lime water for an adult is from two to four ounces. It should be mixed with an equal quantity of milk, and the dose repeated three times a day. Should this fail to give relief, let the patient take an emetic, and resort to the prescription given for indigestion.

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### *Vomiting (Emesis).*

It is no uncommon thing for persons to be seized with vomiting, without any apparent cause ; and when it does not proceed from some other complaint, or in other words, when it is not symptomatic of some preëxisting disease. The stomach, from various influences, becomes irritable, and everything taken into it is ejected. When this happens, and it does not apparently proceed from disease, the



attention of the physician must be directed exclusively to the symptom of vomiting.

The following *Anti-emetic Cordial* I have always found a sovereign remedy for allaying vomiting, even when of the most obstinate description, and after all other means have failed; I consider it an invaluable preparation, and as such recommend it with perfect confidence.

Take Turkey Rhubarb, powdered; Salarætus, do.; fresh Peppermint, of each  $\frac{1}{4}$  ounce.

To a large spoonful, one pint of boiling water is to be added; let it stand to cool, and then strain. Sweeten with the best of loaf sugar, and add two tablespoonsful of best brandy. The dose is from a tea to a tablespoonful, or more, according to the age of the patient, every fifteen minutes, half, one, or two hours, as circumstances may indicate. A strong infusion of *cloves* seldom fails to stop vomiting. Half an ounce of the powder is to be put to a pint of boiling water, and infused for two hours. The dose is two tablespoonsful three times a day, or as often as necessary to allay the disorder.

When the above means prove inefficient, which is hardly probable, recourse may be had to the application of heated bricks, wrapped in cloths wet with vinegar, to the feet and sides of the patient, administering *cayenne tea*, or common *pepper sauce*, in tablespoonful doses. By this treatment the circulation of the *nervous fluid* is equalised, the *blood* once more circulates freely, and the *cause* being removed, the vomiting and irritation of the stomach subside. When I am called to a patient laboring under this complaint, I generally subdue it at once, by the application of the *electro-magnetic* power to the patient, seldom or never finding it necessary to prescribe any medicine whatever; and in most of the diseases to

which mankind are liable, I find this agent in my hands successful, without the aid of *any medicine whatever*, except in *scrofulous* diseases.

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*Colic—(Colica).*

DESCRIPTION.—This disease is ushered in with intense pain in the bowels, whose seat is generally circumscribed to the region of the *umbilicus* or navel, which extends by sympathy, only, to the stomach; it is accompanied with more or less nausea, retching and vomiting, and there is often a spasmodic contraction of the muscles of the abdomen or belly; “attended with griping and ‘*twisting*’ sensations, from which, pressure on the bowels affords some relief, and which serves to distinguish it from *inflammation* of the bowels.”

Medical writers divide colic into several varieties, namely :—

1. *Flatulent Colic*.—When there are costiveness, griping of the bowels, a rumbling noise, distension of the stomach, severe pain, with an inclination to vomit, &c.

2. *Hysteric Colic*.—Characterized by nausea and sickness at the stomach, sharp spasms, depressed spirits, costiveness, &c.

3. *Bilious Colic*.—When we have a bitter taste in the mouth, thirst, febrile symptoms, heat, vomiting of bilious matter, and constipation.

4.—*Painter’s Colic*.—Produced by the absorption of lead into the system, and to which accident painters, glaziers, potters, and miners, are particularly subject.

*Causes*.—This disease is brought on by several different causes, among which the most common are ascercent or acid food, wind, a redundancy of acrid bile, obstinate and protracted constipation, hardened fœces, certain metallic

poisons, derangement of the stomach, secession of gout or rheumatism, hysteria, the application of cold and moisture, worms in the intestines; and from swallowing poisonous substances, as lead, mercury, and other death-dealing mineral "medicines."

**TREATMENT.**—*Flatulent* colic, when it does not depend on deep-seated disease, is generally cured on Reformed Principles, with very trifling difficulty, by first expelling the wind, and removing the constipation of the bowels by a mild laxative, as senna, manna, sulphate of magnesia, and a tea made of equal portions of cayenne and ground ginger, given in a cupful of spearmint tea, every hour till the wind is expelled, and relief obtained. All the first symptoms have been cured by *cayenne tea* alone. Assafoetida pills will also be found excellent; indeed, in all stages of this disorder, assafoetida is highly serviceable, more especially when given in the form of clyster, as follows :—

Take Assafoetida, 2 drams; Cayenne, 1 teaspoonful, Herb tea, 1 pint.

This may be thrown up the bowels once every two hours. When there is obstinate costiveness, the tea may be made of senna, or mountain flax, rhubarb, or a teaspoonful of powdered *aloes* may be used, provided there be no tendency to *piles* present.

In *bilious* and also in *painter's* colic, half a dram of the powdered ipecac should be used in the injection, and retained in the bowels for some time, if possible.

In this disease, medicines should be always given with the view of keeping up the perspiration; the vapor bath should be applied, or instead, heated bricks wrapped in damp cloths, placed at the sides and feet while the patient is in bed. Cloths dipped in vinegar and cayenne, laid on

the abdomen, will much assist in allaying pain in the bowels. Should the stomach be much disordered, or the case be severe or obstinate, an emetic and a thorough course of medicine should be administered, and convalescence promoted by the *Tonic and Astringent Bitters*.

All who do not wish to take *medicines* may be cured in the most efficacious manner by the simple application of *Electro-Magnetic Electricity*.

*Allopathic Practice*.—Calomel, opium, volatile, alkali, castor oil, nitrate of silver, bleeding, blistering, &c., &c.

## CHAPTER XXIV.

### DYSENTERY (DYSENTERIA).

**DESCRIPTION.**—This is a disease originating in a peculiar inflammation of that portion of the fœcal passage called the *colon*, which affection is characterized by nausea, pain, fever, tenesmus, with fetid or bloody stools from the bowels ; it is also known by the name of bloody flux.

**Causes.**—Anything having a tendency to obstruct *perspiration*, may produce this complaint. Morbid humors, from a loss in the balance of the nervous or electrical circulation, are retained in the blood, and thrown upon the intestine just-named, causing irritation, inflammation, and all the phenomena of the disease. The predisposing causes are—unripe fruit, unhealthy diet, damp beds, wet clothes, &c. Dysentery often proves fatal in the army to a great extent.\* Sudden changes of weather, with humid or moist air, may act as a predisposing cause of this disease. The immediate exciting cause is supposed to de-

\* The old school practice having no settled or scientific treatment for this complaint, this class of physicians salivate and bleed their patients to death, or let them die while they dispute. From these causes it has frequently happened that more men in a campaign have been lost by the doctors than have fallen on the field of battle ; and the consequence of their ignorance is as great during its prevalence in all large towns. It was the most destructive power against the British army in Holland, in 1748, and in the Peninsula, under the command of Wellington.

pend chiefly on “a peculiar acid,” secreted in the liver; but my belief is, that the complaint depends upon this, in part, as well as upon a loss of equilibrium in the nervous fluid, whereby more is thrown upon a certain part than it requires, to the detriment of some other part.

*Symptoms.*—Loss of appetite, costiveness, flatulence, sickness at the stomach, slight vomiting, chills succeeded by heat in the skin, and frequently of the pulse. These *are the forerunners of an attack of dysentery.*

The fever which accompanies dysentery is generally developed before the intestinal symptoms set in. The violence of the desire to evacuate the bowels is a pretty sure criterion of the violence of the disease; this sensation is most severe just before the calls to stool. There is constant soreness of the abdomen; and when the inflammation begins to occupy the lower part of the bowels, the stools become more frequent, and less abundant; and in passing over the inflamed parts, they occasion great pain, so that every evacuation is preceded by a severe griping, as well as a rumbling noise. The evacuations vary both in color and consistence, being sometimes composed of frothy mucus, streaked with blood, and at other times of an acrid watery humor, like the washings of meat, and of a very fetid smell. Sometimes pure blood is evacuated; now and then lumps of coagulated mucus, resembling bits of cheese, are to be observed in the stools, and in some instances a quantity of purulent matter is passed. Frequently the discharge consists merely of mucus, without any appearance of blood. While the stools consist of these various matters, and are voided frequently, it is seldom that we can perceive any natural fœces among them; and when we do, they appear in small, hard lumps or balls, which, being passed, the patient experiences some



temporary relief from the griping and tenesmus. From the violent efforts which are made to discharge the irritating matters, a portion of the gut is sometimes forced beyond the rectum, which, in the progress of the disease, proves a troublesome and distressing symptom; as does also the tenesmus, there being a constant inclination to go to stool, without the ability of voiding anything, except, perhaps, a little mucus. In violent cases, a watery diarrhea sometimes comes on a few days before death.

The tongue is at first white, afterwards brown, rough, and dry along the middle, with a *red and moist border*; clean and florid along the edges and tip, or smooth, clean, and deep red over its whole surface, in protracted cases. In some very protracted cases, the tongue and fauces become aphthous. *The stools are never colored with bile.* The skin is always dry.

TREATMENT.—The principle by which I am governed in the treatment of this important disease is the restoration of the equilibrium of the vital *circulation*, together with the healthy functions of the *perspiration* and *liver*. To effect these desirable purposes, we must combine medicines of different kinds. A judicious writer has the following remarks, which further illustrate what I conceive to be correct views on the subject. He says—

“The first or fundamental indication is to take off that evident *determination* of blood to the intestinal canal, together with the unnatural state of *irritation* which exists there. And this is principally, if not solely effected by a restoration of those functions which observation shows to be deranged in dysentery, particularly the functions of the skin and liver. But in fulfilling these indications, we are under the necessity of keeping a strict watch on the operations of Nature, and the ravages of the disease, lest serious injury be done by either in the mean time. Thus the symptomatic fever in dysentery, and indeed, in all other diseases, is, I am fully convinced, a sanative effort of the constitution to overcome some morbid impression; to restore some impeded function; or to relieve some laboring organ. But Nature is neither Omnipotent nor Omniscient. Her efforts are sometimes too weak, and they are sometimes too violent; in one case requiring the spur, and in the other the bridle. In assisting or restraining the operations of Nature, lies the whole skill, and the whole success of the physician; and he who studies her ways and means most attentively, will be the most fortunate practitioner.”

The first thing, then, to be attended to in the treatment of dysentery is, to administer such medicines as will cleanse the stomach and bowels, and astringe and restore the tone of them. Active cathartics, or those having a tendency to operate too powerfully on the bowels, should never be employed. The best preparation with which I am acquainted to fulfill the above indications is the *Anti-emetic and Neutralizing Mixture*; compared with this valuable cordial medicine, all others sink into sheer nothingness; and if there ever was a specific for the cure of disease, this is one, and it seems to be especially designed for the eradication of this and kindred complaints. How it is possible for physicians who possess a knowledge of this medicine, to give calomel and other pernicious drugs to their patients, is more than I am able to account for; and it must be equally a matter of astonishment to all reflecting or inquiring minds. The following is the remedy to which I allude, and which I prescribe *first* in every stage of the complaint:—

Take best Turkey Rhubarb, pulverized; Bicarbonate of Potash; Peppermint plant, pulverized; Cinnamon, of each, 1 teaspoonful.

Mix; rub in a mortar, then add half a pint of water; strain, and add sufficient loaf sugar to sweeten, and when cold, if there is no fever, add two tablespoonsful of the best French brandy. Dose.—A tablespoonful every hour or oftener, or until the passages are changed in their appearance and consistence. Soon after this remedy has been administered, the whole aspect of the disease is changed for the better; the spasms, and straining at stool are greatly relieved; the fetid odor is in a measure neutralized and lessened, and in fine a healthy action is set up throughout the intestinal tube.

The following injection should be employed when the

inflammation, pain, &c., are not entirely removed from the intestines, namely :

Take Mucilage of Slippery Elm Bark, 1 pint ; Milk, 1 pint ; Laudanum, 1 teaspoonful ; Olive Oil, 1 wineglassful ; Molasses, 4 ounces ; Common Table Salt, 1 teaspoonful. Mix.

Introduce *warm*, with a large French syringe, and repeat it as often as the patient complains of suffering. Usually there is a mitigation of the urgent symptoms in from ten to fifteen minutes after one of these injections has been administered. Sometimes the disease is so low down, and centered on the intestine called the *colon*, that we are obliged to depend upon injections alone for a cure. In order to procure sleep, when the pain is very severe, the *Diaphoretic Powders*, in doses of 10 grains, after the stomach and bowels have been well cleansed, will be found a valuable medicine ; it should be given at bed-time, as a general rule, instead of during the day. Bathing the body all over with *warm lye*, while the patient is in bed, will be of much service, for the purpose of cleansing the skin and promoting perspiration. Says Beach, " When the pain is located in one particular part more especially, or when there is very great distress accompanying the disease, *fomentations* of bitter herbs will be found a valuable auxiliary. The following may be applied :

" Take hops, tansy, horehound, and catnip, a handful of each ; boil in vinegar, enclose in a flannel bag, and apply to the abdomen or belly ; to be often renewed : then divert the humors from the intestines to the surface, and assist to remove pain, spasm, tension, &c. Mucilaginous drinks are beneficial in dysentery, such as an infusion of *slippery elm bark*, *benefic plant*, &c. ; they may be given alternately, as the stomach of the patient will bear. The slippery elm is decidedly the best article, as it possesses very soothing and cooling properties : a teaspoonful of the superfine flour of the bark may be stirred into a tumbler of cold water, and the whole or part given, as the patient is able to take it ; three or four teaspoonsful may be given through the course of the day. Should the putrid symptoms appear, a wineglassful of yeast, mixed with a little milk and loaf

sugar, may be given occasionally through the day, and about a gill of it added to every injection.

"With me this treatment has been attended with unprecedented success, never having lost a case of dysentery in all my practice. The remedies are prompt, energetic, and sovereign.

"In protracted and unusually obstinate cases, a syrup made of the blackberry root may be used. It has effected a cure when all other means have proved unavailing.

"Dr. Perkins' last remedy (so called) for dysentery, is, good vinegar, and as much salt as it will dissolve; add one tablespoonful of it to four of hot water, and let it be taken by spoonful, as hot as it can be swallowed. This dose is to be continued once in two hours till it operates as physic. It is said to be a sovereign remedy in dysentery."

*Regimen.*—The following rules must be strictly observed by the nurse:—1st, The excrements must be removed immediately from the sick room. 2d, The clothes must be often changed, on the score of cleanliness. 3d, Fresh air must be at all times admitted into the room, but not so as to blow upon the patient. 4th, The room should be kept as quiet as possible. When the appetite returns, let a little milk porridge, sweetened, be given in small quantity at a time. Rice flour, made into porridge with milk, and a little cinnamon, is the best diet in this state of flatulence. The best drink is toast water, The method of making this and other articles of diet may be found in the latter part of the book.

## CHAPTER XXV.

### SUMMER COMPLAINT, OR LOOSENESS.—(DIARRHEA).

**DESCRIPTION.**—Diarrhea is a complaint of very frequent occurrence in this, and indeed in almost every climate. It is characterized by frequent watery discharges from the bowels, sometimes slimy and green when first discharged, and of a dark brown color, and very fetid, with more or less griping, but ordinarily without much fever or bearing-down sensations. As the disease advances, the stomach becomes affected, and sickness, nausea, and vomiting occasionally prevail; the countenance turns pale, and the skin is dry and rigid. If it continues for any length of time, universal emaciation, dropsy of the lower extremities, and relaxation of every part ensue, together with a great loss of strength.

Diarrhea, as it usually presents itself in this climate, is a real catarrh of the mucous membrane of the intestines, and produced, very frequently, by the same causes, and in the same way, as catarrh of the mucous membrane of the lungs. Thus, of two people, exposed to wet or cold, when the body has been heated or perspiring, one will have a catarrh, and the other a diarrhea, both from a suppression or interruption of the perspiratory process. The different effects, produced by the same cause, are entirely owing to the local weakness or predisposition to disease, in the lungs of the one, and digestive organs of the other.

**Causes.**—The causes in this malady sometimes act directly on the alimentary canal; at others they act indirectly, through the medium of the system at large. The

first kind is composed of indigestible and irritating articles of food, acrid secretions, worms, acid, and other irritating substances received into the stomach. Among the more general causes, are : dentition ; cold, particularly when connected with humidity ; the receding of cutaneous eruptions ; various general and local diseases, as phthisis, affections of the liver, &c. It may also be excited by violent mental emotions, as terror and grief.

TREATMENT.—Begin the treatment of diarrhea by prescribing the most simple and unirritating articles of food. Mild laxatives, in some cases, are proper, particularly in the diarrhea of children with a swollen and hard belly. The *balsam of copaiba*, in doses of twenty drops three times a day, is an excellent remedy in very protracted and obstinate cases. The *spirits of turpentine* is also a good remedy in such cases. A *flannel* roller bound round the belly, is beneficial in all cases ; and a farinaceous diet is of the greatest importance. *Calcined rhubarb* in ten-grain doses, three times a day, is said to be absolutely a specific in this complaint. *Lavender compound*, *burnt brandy* and *loaf sugar* in tablespoonful doses ; *chalk mixture*, *lime-water*, and *purified charcoal*, in teaspoonful doses, are all good when given with judgment, and with regard to particular cases.

“ When diarrhea has arisen from excess or repletion, or from crude and acrid matter in the stomach, the first indication may be answered by giving a gentle emetic in the evening, and an aperient the succeeding morning. If it has proceeded from obstructed perspiration, in consequence of exposure to cold, we must then endeavor to restore this by diaphoretic medicine. It is very seldom necessary to resort to an *emetic* to cure any species of diarrhea, except it has assumed a chronic form, and becomes extremely obstinate. The *neutralizing mixture* usually puts a stop to the complaint in a short time, and may be given every hour until the passages are changed in their appearance ; afterward given at longer intervals. In ninety-nine cases in a hundred this preparation almost immediately cures ordinary forms of diarrhea. When an exception, however, occurs, give our *common injection*, and apply *fomentations* to the bowels.



Powdered charcoal and magnesia are excellent : for a child one year old give a teaspoonful three times a day, in sweetened water and milk. The diet of the patient must consist of boiled milk, mixed with a little wheat or rice flour."—BEACH.

Especial attention to *diet* is necessary in all cases of bowel complaints. In general milk porridge, well prepared by first browning the meal over the fire, will agree with the stomach, and in some cases will check the disorder, by confining the diet to it alone, or with the addition of stale bread cut thin and toasted thoroughly. Dr. Comfort says boiled rice and milk, Bermuda arrow-root, elm gruel, sago, tapioca, fresh eggs slightly cooked, beef-tea, boiled chicken, crust coffee, and Irish moss, are such articles as are generally adapted to cases of diarrhea. Rice, scorched, ground, and made into coffee, is sometimes of itself a remedy for this complaint. Our *blackberry syrup*\* or *cordial* is regarded as being almost a *specific* in bowel complaints generally ; no family should be without this excellent medicine : children are fond of it. ELECTRO-MAGNETISM is, in my opinion, if *properly applied*, the best remedy for the cure of diarrhea ; it cures speedily, permanently, and *naturally* ; which is more than can be said of most "medicines," of the *heroic* or *allopathic* class, especially.

\* See Appendix.

## CHAPTER XXVI.

### CHOLERA MORBUS.

SYDENHAM, that accurate observer of Nature, has drawn a faithful portrait of cholera morbus, which may serve as a standard description. It is adopted in Rees's Cyclopædia. The attack of this complaint, says he, is generally sudden.

"The bowels are seized with griping pains, and the stools, which are, at first, *thin and watery*, as in common diarrhea, are passed frequently. The stomach is seized with sickness; discharges its contents, and rejects what is swallowed. In the *course of a few hours*, the matter vomited, as well as that which is discharged by stool, appears to be *pure bile*, and passes off both ways, in considerable quantities. The griping pains of the intestines *now* become more severe, in consequence of the extraordinary irritation of the passing bile, which excites them to partial and irregular spasmodic contractions. These spasms are often communicated to the abdominal muscles, and to the muscles of the lower limbs. The stomach is also affected with considerable pain, and a sense of great heat, in consequence of the same irritation. There is usually great thirst, and sometimes a severe headache, from the sympathy of the head with the stomach. The pulse becomes small and frequent, and the heat of the skin is increased. A great degree of languor, debility, and faintness, amounting sometimes to a fit, speedily comes on; sometimes attended with colliquative sweats, coldness of the limbs, and other symptoms, which often destroy the patient in twenty-four hours."

TREATMENT.—Begin with the Neutralizing Cordial in tablespoonful doses (if for an adult, but for a child in proportion) every half hour or until the urgent symptoms are abated or entirely checked; to every dose, in severe cases, from ten to twenty drops of laudanum may be added. The beneficial effects of this admirable remedy are beyond description; and so sudden and powerful is it in its action, that patients, as well as their physicians,

are surprized and delighted with its *magical* influence. Dr. Beach, in speaking of its action, compares it to the act of extinguishing fire by pouring water upon it, so quickly does it check the symptoms of this dangerous malady.

External application must be used, and also the following :—Take red or cayenne pepper, one tablespoonful ; spirits, one pint ; simmer a few minutes, then dip flannel in, and let it be applied warm to the stomach and abdomen, and also to the extremities, particularly if there are cramps. As a change, I have also applied *fomentations of bitter herbs* over the parts with decided benefit. *Hops*, simmered in vinegar, are excellent. These applications remove the tension and spasms so peculiar to this complaint.

Occasionally the disease appears to be concentrated in the intestines, near the *umbilicus*, creating much pain and distress ; when this is the case, the following clyster may be introduced by the bowels, viz. •

Take mucilage of slippery elm bark, one pint ; sweet milk, half a pint ; molasses, half a pint ; olive oil, one gill ; bicarbonate of potash, a teaspoonful ; laudanum, a teaspoonful ; mix : introduce as much as possible ; it has a very soothing effect upon the bowels, and generally in ten or fifteen minutes relieves the pain. Hot bricks may be applied to the feet, and they should be bathed in warm ley water. The patient should take freely of *mint tea*, *slippery elm*, and other mucilaginous drinks. Cold water poured upon bread toasted very brown or black, makes a very grateful and medicinal drink. *Indian* or *oat meal gruel* also has a very excellent effect upon the bowels in this disease ; it acts as a soothing or emollient poultice to the stomach and intestines, while at the same time it affords nourishment.

The following interesting case is extracted from the American Practice, for the purpose of illustrating the great superiority of the new practice over the old :—

“ I have just prescribed for a case of the cholera morbus, where the person had been vomiting and purging for three days, and had been attended by a physician without benefit. He had become almost senseless, with excessive prostration, and the evacuations passed off involuntarily. I administered the mixture first-mentioned, combined with a small quantity of *cinnamon* and *cloves* ; in a few hours the disease was arrested, and he soon recovered. It is impossible for my pen to describe the great contrast between the common and the reformed practice, in this as well as other diseases ; and, to be known, it needs but to be tried. The treatment is founded upon a belief that the cause of the disease is an *acid*, and that the remedy is an *alkali*, and hence the *bicarbonate of potash* is given, and may be considered the *antidote*.”

## CHAPTER XXVII.

### ASIATIC OR MALIGNANT CHOLERA.

THIS disease, which has, within a few years past, swept off so many thousands of human beings, often comes on suddenly, attacking persons who are apparently in a good state of health, in common with the poor and wretched class. Cholera does not generally give any appreciable warning of its approach ; but its victims are suddenly seized when they least expect it. The following symptoms of this disease are given by M. Orton in his work on the Diseases of India, with a truthfulness which I do not remember ever to have seen equalled in any other work ; no one can mistake the disease for any other, when he sees it, after having read the following description of this devastating scourge. He says :—

“An extraordinary depression of spirits, and general uneasiness, come on, attended by tremor, and a sense of debility, giddiness, and headache ; and occasionally ringing in the ears is also felt, particularly on rising from the recumbent position, or making any sudden movement : pains, resembling those which attend the accession of fever, are frequently felt in the limbs. The bowels are griped occasionally, and natural loose stools occur. Nausea comes on. The circulation and temperature of the body are variously disturbed ; but most commonly the pulse is accelerated and weakened. The skin is moist and colder than usual to the hand of another. In general, however, the severer affections quickly set in. Acute griping is felt in the bowels, the stools become extremely frequent and watery, and change to a grayish-white color, so as exactly to resemble the congee or barley-water. Vomiting comes on ; and, after the common contents of the stomach, a clear watery fluid, interspersed with flakes of mucus, is discharged. Copious sweat breaks out, and the anxiety and debility

rapidly increase. The countenance assumes a very peculiar appearance, by which alone the disease may generally be distinguished. This is so remarkable, as occasionally to render servants recognized with difficulty by their masters, even in the early stages of the disease. It is usually during a fit of vomiting that spasms of the muscles are first felt. They affect occasionally the whole of the muscles of voluntary motion, but particularly those of the legs and feet. The respiration, from the first accession, is observed to be hurried and oppressed, and is frequently complained of. As the disease increases in violence, the color of the whole surface changes to a livid hue, particularly round the eyes and at the extremities. The surface is bathed in cold sweats; the hands and feet, and afterward the whole body, rapidly grow cold."—"From the first setting in of the disease an extreme thirst invariably attends; and, notwithstanding the coldness of the body, there is an ardent longing for great quantities of cold water, which, however, though gratefully and eagerly received, frequently affords no relief to the morbid sensation."—"Great oppression and sense of anxiety are also referred to the præcordia. The urine, when it does appear in the early stages, is pale and watery; but, under the existence of the severer symptoms, that secretion, as well as that of bile, is completely suppressed. The tongue is natural at first, but in the course of the disease it becomes furred and deficient of moisture; and dryness of the mouth and throat is very generally complained of. The hands are sodden with cold sweats, shriveled and wrinkled like those of a washerwoman after a day's labor, and frequently of a dark blue color. There is an extreme restlessness and anxiety, which prevent his remaining an instant in the same position."—"It is gradually relieved or removed by stupor; and though these symptoms are of so opposite a nature, they are frequently present in a very considerable degree at the same time. After an uncertain continuance of this state, to which I cannot with truth apply a term of greater precision than a few hours, a remarkable change takes place."—"The spasms, the vomiting, and purging, usually cease about the same time; whatever is taken into the stomach is retained, even in large quantity, and clysters not rejected as formerly."—"The powers of life continue rapidly to fail. The pulse becomes quite lost at the wrist, and even at the humerus. The pulsation of the heart itself is felt extremely feeble. The eye is sunk back, and fixed in the socket; the cornea becomes dull and glassy."—"In the attempts to sleep, the eye is half-opened occasionally, the pupil is scarcely covered; deafness, preceded or accompanied by tinnitus aurium, is very common in this stage; false vision, blindness, and dilated pupil, are equally so; speech becomes difficult, and the voice grows hoarse, hollow, and scarcely intelligible, or is entirely lost. The breath has been observed to be cold, as if it came out of a lump of clay."

**TREATMENT.**—This dreadful disease is said to have first made its appearance in Hindostan, in 1817, from whence it spread over Arabia, Persia, Russia, Poland and Germany, arriving in England in 1831 and 1832, and shortly thereafter in America. The awful ravages it

then committed must be fresh in the recollection of many at the present time ; and also the long-winded controversies, fierce contentions, and party squabbles between the members of the Faculty in the public prints at the time—disputing while the people were dying—not only as to whether the disease was or was not infectious or contagious, but idly speculating as to what should be the proper mode of treatment ; thus powerfully illustrating the old adage, “ that when certain characters quarrel, honest men get the truth.” Upon these memorable occasions, they betrayed in their bickerings the total absence of all *rational principle* in their theory of disease, presenting in the opposite extremes of the prescriptions administered, their cruel experiments and almost universal failure. They exhibited, in fact, a mass of contradiction and absurdity, that ought to have opened the eyes of the poor gulled public to the mass of error and ignorance to which they had legally to trust their lives, and to have roused them against the attack of the powerful enemy who was spreading terror and death all around them. Many startling passages from the epistles which, in the newspapers of the day, unblushingly met the front of battle, might be quoted in proof. But it is shorter, and some relief to turn to the confession of one honest man, Dr. Elliston, who said, “ with respect to the treatment, we had better say nothing about it ; it is my private opinion that no good has been done ; the mortality has not been diminished by any of the measures hitherto adopted.”

Dr. Mattson, in his improved Guide of Health, says—“ I heard Professor Haywood state to his class, that he had injected three pints of a preparation of soda into the veins of a cholera patient at one time, and three gallons within the space of three hours ; but he acknowledged that



this treatment always proved fatal, or rather that the patients invariably died." Another practitioner, writing to an official, said, "I have drawn as much blood as would float the steam-ship President, and have given as much calomel as would freight her, and yet they (the patients) die." Alas! and after so much zeal to save them.

When the disease prevailed in Boston, the consulting physicians of the city having been requested by the mayor and aldermen to prepare some instructions for the relief of persons attacked, until medical advice could be obtained, they recommended *two hundred drops of laudanum to be taken in hot brandy and water in the course of an hour, and the application of a mustard poultice over the whole surface of the bowels*; a purgative was also to be administered. Such was the treatment to be pursued *before* the arrival of a physician, who, in the language of Dr. Drake, "generally came in time to order a —— coffin for the unfortunate patient."

I now come to speak of the true course of treatment to adopt in the absence of a physician.

First, then, let the following stimulant be administered internally, without loss of time, provided there is coldness of the body, cramps, vomiting, or purging:—

Take best brandy, one pint;

Warm it, and administer in teaspoonful doses every ten or fifteen minutes, until an amelioration takes place. A simple but efficacious means.

The *Anti-Emetic Cordial* is decidedly the best remedy to check vomiting and purging suddenly, of anything with which I am acquainted. Let it be given as recommended under the head of *Diarrhæa*, which see. Many recommend opium, camphor, myrrh, &c., in cholera, but I have

no confidence whatever in such articles, and therefore cannot recommend them under any circumstances. But in certain cases, where the vomiting, &c. cannot be otherwise checked (although I have never yet seen such a case in all my practice), the following might be tried, if it agrees with the stomach and *brain* :—

Take Tincture of Opium, 4 drams.

*Dose.*—From 10 to 30 drops in a little wine or brandy and warm water ; for children the dose must be in proportion.

External applications are of the greatest importance, among which I decidedly give the preference to the following articles :—

“ In every case, the best advice is, to avoid *quack medicines* and self-doctoring ; send for a medical man at once, and trust yourself entirely to his care. In cases, however, where warning symptoms have either not been present, or have been overlooked, and the attack of cholera is sudden and severe, where there is no difficulty of breathing, it can do no harm, and may very probably afford considerable relief, to foment the stomach with flannels wrung as dry as possible out of hot water.

“ The best mode of administering these fomentations is to lay a folded blanket across the bed, under the patient’s back, to pour water nearly boiling on the flannels, and wring them in a towel, and having laid them over the stomach, to lap the blanket tightly over, and pull up the bed-clothes. The flannels should be changed about every six or eight minutes.”—TURNER.

Says Dickson—

“ Many bleed, blister, and stimulate in a breath, in Cholera Asphyxia. This is Mr. Annesley’s practice. Is it sensible or scientific ? But Mr. Annesley tells us that the lancet subdues spasms. I have already shown that spasm of a muscle is the result of the brain’s diminished influence over the nerve that supplies it. Even Cholera *Mitior*, where the pulse is full and bounding, has in my experience been changed into Cholera Asphyxia by the employment of the lancet !”

Many patients have a great aversion to cayenne pepper, both in this and in other diseases ; but in an extreme case, such as an attack of cholera, it must be persevered

with, and the dose should be increased as much as it is possible to bear. Dr. Mattson informs us that cayenne pepper *alone* has cured some aggravated cases of cholera; one case he relates of a captain of a western steamboat, who was attacked suddenly with the disease, during its prevalence in America, in 1832, in half an hour he was deathly cold, scarcely able to articulate a syllable, and almost without pulsation at the wrists; half a tumblerful of *pepper-sauce* was administered, and repeated in a short time; the pulse now became perceptible, the extremities manifested a glow of returning warmth, the haggard visage became placid and serene, and without further treatment, the patient speedily recovered.

To equalize the blood and bring back the heat from the internal parts to the surface of the body, limbs, &c., and for thus overcoming congestions, and the death-like coldness which accompany this malady, the following means recommended by Dr. Turner, are worthy of trial by all who would be successful in the treatment of this terrible scourge of mankind.

“One of the most effectual means of restoring warmth to the body by external applications, is by the use of some half a dozen pieces of quick-lime, the size of a hen’s egg, wrapped in as many coverings of flannel or other woolen stuff, which have been moistened and wrung out almost dry. The lime *slacks* under these circumstances, and throws out an intense heat, accompanied with vapor, which restores perspiration, as I have found, in an admirable manner. These heaters, when the patient is cold, may be deposited under the bed-clothes, at the feet, the sides, the arm-pits, to the stomach, and between the thighs.”

The following is a German prescription for the administration of phosphorus, which is a powerful stimulant, and well adapted to the *blue* stage of cholera.

“Take of phosphorus dry and cut into small pieces, twelve grains; almond oil, recently prepared, one ounce; melt the phosphorus in the oil by the aid of warm water; then agitate until it appears to be dissolved. One

ounce of oil contains about four grains of the phosphorus. Dose from five to ten drops. It should be administered in some mucilaginous fluid, or made into an emulsion. It may be *aromatised* by a few drops of some essential oil, as of bergamot. It acts as a powerful and diffusible stimulant, exciting the nervous, muscular, and secreting organs. It creates an agreeable feeling of warmth at the pit of the stomach, increases the frequency and fullness of the pulse, augments the heat of the skin, heightens the mental activity and the muscular powers, and operates powerfully upon the sweat and the urine. [This is supposed to be the remedy of the celebrated Fire-King.] As said above, its use requires caution.

"The unmistakable evidences of the value of some of the above and following remedies appeared in the *New York Tribune* in February last:

"'CHLOROFORM AND KREOSOTE IN CHOLERA.—The London correspondent of the *New York Home Journal*, under date of January 19, writes as follows:—'Chloroform is used largely in cholera, and with wonderful effect in allaying the spasms. About a drachm is poured on a sponge, and which, held to the nostrils in a pocket handkerchief, soon allays the suffering—the mouth closed. It is repeated as often as is needful. I have been repeatedly present when it has been administered, in the stage of collapse, to pulseless patients, and have seen it bring back the pulse; and in other cases, I am sure it has assisted materially in putting a stop to the sinking. To check the vomiting, give a drop of kreosote in water, and repeat it as often as it may be required.' These are two of the Chrono-thermal remedies for cholera.

"'Dr. James Hill, resident surgeon of the Peckham House Asylum (England) states, that he has tried chloroform in ten cases of malignant cholera, with complete success; six of the patients having perfectly recovered, and four being convalescent.

"'Dr. Whiting, Health Officer at the Quarantine, Staten Island, in his report to the Board of Health, says:—'Chloroform has been administered in a number of cases, carefully and repeatedly, and at first gave some hope that it would prove a successful remedy, but no other permanent good has resulted from its use but to relieve the spasms and cramps. For this purpose I have used it in all cases moderately, and if not a cure for all the symptoms, it is an invaluable remedy in subduing one of the most painful symptoms of the disease.'"

Among the best prophylactics or preventives of cholera, I know of none better adapted for this purpose than those recommended by the learned and original Dr. Dickson, of England, who has had much experience in the treatment of this and other kindred affections. He observes:

"The best preventives of epidemic disease are serenity of mind, cleanliness, comfort in clothing, a happy moderation in the pleasures of the table—in a word, a generous temperance,—avoidance of indigestible substances, heavy suppers, and generally everything tending to irritate or debilitate the system. Shut your ears also to the rumors of the preva-

lence of the disorder. Daily bulletins and reports on the subject of the disease, only keep up public alarm, and tend to make men selfishly alive to what God will take from them at his own due time—the existence which he gave.”

With the following lines from Dr. Turner, on the importance of *cleanliness*, as a *preventative* against this modern plague, I will close the chapter on cholera.

“Of all protectives against this disease, the most effectual is a clean skin, which fortunately the number of private baths, and the public baths and washhouses, enable every one to have at no great cost and with very little trouble.

“To preserve the skin in such cleanness, assures its perfect tone and health; it is not sufficient to bathe occasionally, or even once a week; the entire person should be completely washed every day, and that for the very reason that makes most persons think it unnecessary, because we are so closely covered by our clothes. On that very account the pores of the skin, which may be called the vital safety-valves, are clogged by the deposits of the insensible perspiration.”

## CHAPTER XXVIII.

### INFLAMMATION OF THE BOWELS AND COSTIVENESS.

#### *Inflammation of the Bowels (Enteritis).*

THE characteristics of this disease are fever and fixed pain in the abdomen, accompanied with vomiting, which are commonly brought on by habitual costiveness, eating of unripe fruit, exposure to cold, &c. The symptoms of enteritis strikingly resemble those of *colic*, and should be opposed by a similar course of treatment, namely, *injections*, the *vapor-bath*, and an emetic, which should be administered promptly, without procrastination. An injection should be given, with the object of relieving the bowels, as soon as may be, and for which purpose I commonly resort to the use of *senna tea*, sweetened with molasses; if there be much heat and pain present in the bowels, demulcent injections, as *flaxseed tea*, will be the most proper: olive oil is also good for the same purpose.

In case this treatment should not arrest the complaint, although it seldom fails to give relief, the following fomentation of bitter herbs may, after a reasonable length of time—an hour, say, be applied:

Take Tansy, Wormwood, Hops, Chamomile, of each a handful.

Boil these ingredients in equal parts of vinegar and water; then enclose in a bag of muslin, and apply warm to the abdomen, changing often.



The *Allopathic* treatment consists, *per contra*, of large bleedings, mercury, opium, croton oil, castor oil, calomel, &c.

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*Costiveness (Constipatio).*

This complaint depends upon a certain state of the secretions and bowels; and it may be either constitutional or symptomatic—generally the latter. There is an unnatural retention of the excrements, with hardness and dryness of the evacuations, which are often difficult, and sometimes attended with pain.

Sedentary persons are peculiarly liable to this complaint, especially those of a sanguineous or choleric temperament; or who are subject to hypochondriac affections, the gout, acute fevers, or a diseased state of the liver and spleen. Costiveness is frequently occasioned by neglecting the usual times of going to stool, and checking the natural tendency of those salutary excretions; an extraordinary heat of the body and copious sweats; receiving into the stomach a larger proportion of solid food than is proper for the quantity of fluids swallowed; a free use of opium, and by taking food that is dry, heating, and difficult of digestion. Drinking freely and frequently of port wine may likewise occasion costiveness. With the defect of stools there sometimes exists nausea, want of appetite, flatulency, pains in the head, and a certain degree of febrile heat.

There are persons constitutionally costive, whose bowels are not moved more frequently than once a week, and yet whose general health remains good. Such instances, however, are rare, for most persons feel more or less uncomfortable without an evacuation as often as once in twenty-four hours.

This disease is to be obviated by an attention to diet; by observing certain regular periods for soliciting motions; and, where these fail, by having recourse to laxatives, injections, and aperients. The diet of those who are of costive habits should consist chiefly of vegetables and ripe fruits; and their drink, of molasses, water, buttermilk, &c. The second object to be attended to is, a habit of regularity, by going at a certain hour or hours each day, and making proper efforts at each period for promoting an evacuation. If a natural inclination arises at any time, this ought likewise to be encouraged.

When costiveness arises from the want of exercise,

nothing will properly supply the place of it ; it should, therefore, be punctually practised ; the shower-bath is good in certain constitutions and under certain circumstances, as in persons of a heated temperament, during the summer and warm months, &c. ; also brisk frictions over the abdomen or belly, with a coarse towel wet in salt water. All strong food and medicines should be avoided. Stewed fruits are good to keep the bowels soluble, as prunes, figs, black currents, and the like.

The laxatives most proper for obviating costiveness are those which afford the least irritation, but which will at the same time procure one motion daily. The anti-dyspeptic pills should be given daily in the commencement, and afterward occasionally ; but it is necessary to obtain a regular state of the bowels, by exercise, food, &c. The use of every purgative medicine creates a necessity for its repetition, and by this repetition the bowels lose their energy, and their delicate nerves become torpid. A natural discharge of the contents of the bowels ought, therefore, to be solicited by those of costive habits, in preference to the habitual use of any kind of purgative whatever.

*Electro-Magnetism* is a valuable agent for the cure of this affection. I place it before all others, and when *properly applied*, no medicine whatever will be required. A few applications of it will generally suffice to permanently cure costiveness. Indeed, I esteem it the only sure means for the prompt and *natural* removal of this common but highly injurious malady.

“Brown bread is exceedingly valuable in this complaint ; stewed apples, peaches, and all kinds of ripe fruits are excellent. Most cases of costiveness arise from want of exercise, and nothing will supply the place of it ; it should be regularly practiced, and frictions made upon the abdomen, with daily ‘kneading.’ Wheat bread must be avoided ; also all astringent articles, spices, &c. Ipecac pills may be taken ; they are tonic and aperient. A raw egg or two may be beaten up and taken two or three times a day”—BEACH.

Dr. Thomson recommends the practice of eating an apple after dinner ; a roasted apple for supper will be found by some to supersede the use of all physic, in procuring the morning evacuation.

## CHAPTER XXIX.

### WORMS (VERMES).

AUTHORS enumerate several kinds of worms at times found in the human body, but the three following varieties are all that I shall enumerate, they being quite sufficient for all practical purposes. We have, then, 1st, The *tinea* or tape-worm ; 2d, the *teres* or round worm ; 3d, the *ascarides* or pin worms. The tape-worm is very long, of a white color, and is made up of an immense number of joints, which frequently come away broken in the stools ; this, like the round worm, is bred in the small intestines, and is sometimes found in the stomach. The pin-worms commonly lodge in great numbers in the folds of the rectum, and cause much itching, and even pain in the vicinity of the anus or fundament.

*Causes.*—Worms may arise from various causes ; but they are seldom found, except in weak and relaxed stomachs where the digestion is bad. Sedentary persons are more liable to them than the active and laborious. Those who eat great quantities of unripe fruit, or live much on raw herbs and roots, are generally subject to worms. There seems to be an hereditary disposition in some persons to this disease.

*Symptoms.*—The presence of worms occasions paleness

of the countenance ; the appetite sometimes is bad, but more often keen, and at times quite voracious ; at times a universal flushing of the face is present ; itching of the nose (this, however, is doubtful, as children pick their noses in all diseases) ; starting, and grinding of the teeth in sleep ; swelling of the upper lip ; looseness ; a sour breath ; hard swelled bowels ; great thirst ; the urine frothy, and sometimes of a whitish color ; griping, or colic pains ; an involuntary discharge of saliva, especially when asleep ; frequent pains in the side, with a dry cough, and palpitations of the heart, swooning, drowsiness, palsy, cold sweats, epileptic fits, and several other unaccountable nervous symptoms. Dr. Andsal thus writes :—

“ The following symptoms particularly attend the *solium*, which is a species of tape worm, viz. : swooning, privation of speech, voracious appetite. The round worms, called *ascarides*, beside an itching of the *anus*, cause swoonings and tenesmus, or an inclination to go to stool.”

The long round worms occasion squeamishness, vomiting, a disagreeable breath, gripes, looseness, swelling of the belly, swooning, loathing of food, and at other times a voracious appetite, a dry cough, convulsions, epileptic fits, and sometimes a privation of speech. These worms have been known to perforate the intestines, and get into the cavity of the belly. The effects of the tape worm are nearly the same with those of the long and round, but rather more violent.

Small bodies in the excrements, resembling melon or cucumber seeds, are symptoms of the tape worm.

TREATMENT.—This consists in restoring the digestive powers to a natural or healthy condition, when the worms will disappear. When children are sick, and their breath smells bad, it is said they have worms, and everything is laid to them ; but this is, in reality, owing to disease caused by canker, for there is nothing in the nature of worms that can affect the breath. In cases of this kind, the only thing necessary is to cleanse the stomach by getting rid of the cold phlegm or mucus, in which they reside, and without this they cannot exist. When there are

*nervous symptoms* present, as paleness, convulsions, &c., the *nerve powder*, or valerian, should be given in 10-grain doses; if an adult, from half to a teaspoonful of this powder is a dose, repeated twice in the twenty-four hours. Injections of salt and water are excellent. The *Butter-nut Syrup* is also accounted very good; the dose of which is from half a tablespoonful to half a wineglassful twice a day.

In some instances worms appear to be hereditary, and exist independently of any excess of the mucous or slimy secretion in which they are said to breed. In such cases, they appear to be a constitutional evil, and not unfrequently resist the most powerful remedies. There have been many conjectures as to the origin of worms. *Cuvier* says they can only propagate themselves in the interior of the bodies of other animals. There is hardly any animal which does not give support to several kinds of them, and frequently the same species do not inhabit more than one kind of animals. They are not only found in the intestinal tube, and the ducts communicating with it, but also in the cellular tissue, and the substance of the *brain*, *liver*, and other organs of the body. The difficulty of conceiving how they arrive in their situations, together with the observation that they are never met with out of the living body, has caused some naturalists to believe in their spontaneous generation. But it is now sufficiently settled, not only that the greater part of them produce either eggs or young, but that they are of distinct sexes, which copulate like other animals. We are therefore, says *Cuvier*, to believe that they are propagated by germs sufficiently minute to enter the smallest passages, and that animals sometimes contain these germs at their birth.

The following prescription has been tried in many cases

and found successful :—Tansey boiled in milk, to which a teaspoonful of the flower and seed pulverized may be added. Dose, from a teaspoonful to half a pint, fasting, and at bed-time. This will be found highly serviceable in the round or tape worm.

Says Dr. J. King :—

“ For worms in children, and for pale, sickly children, the following is a good vermifuge, and also tonic : One pint of black alder berries, one pound of cedar or juniper apples ; digest for fourteen days in one quart of alcohol, strain, and add one pint of molasses ; dose, for a child one or two years of age, one teaspoonful three times a day. It is rather a pleasant vermifuge, and tonic. Children love it.”

The tolerably free use of somewhat salted meat for food, at the same time the avoidance of *fruits* and *vegetables*, has often been observed to be attended with much benefit to persons subject to worms.

Salt is obnoxious to all kinds of worms, and persons troubled with them should lessen their usual quantity of sugar and increase that of salt, for the former encourages, while the latter expels them. Salt seems to be nature’s antidote for worms of every kind ; it may be employed as an injection, more especially for pin worms.

A mode of punishment formerly existed in Holland, which places the effects resulting from a total disuse of salt (more especially in moist climates) in a striking point of view. The ancient laws of the country enacted that certain convicted men should be kept on bread alone, *unmixed with salt*, as the *severest* punishment that could be inflicted upon them in their moist climate : the effect was horrible—these wretched criminals are said to have been devoured by worms engendered in their own stomachs.—*Graham*.

Beach mentions the following singular case of a woman troubled with worms, but who was cured by mandrake purges, and the free use of *garlics* and common table salt ; and it is further said, in conclusion, that this pa-



tient passed worms enough to fill a *peck measure*, or sufficient to reach *one mile* in length.

"The ethereal oil of *male fern* is highly extolled for the removal of tape worm : dose, one dram twice a day ; the second day a powerful physic. The lowest diet to be taken."—WEISMAN.

A merchant in Providence had voided portions of a tape worm for twenty years. He had tried various medicines to no purpose, till he took a strong decoction of sweet fern (*comptonia asplenifolia*), taking large quantities daily for several days ; then taking a brisk purgative (*mandrake* is good). Would not the same plant be good for all kinds of worms ?

The tape worm is sometimes found in the inferior animals. Mr. Holdridge informs us that he once killed a sheep, and, upon opening the intestines, found a tape worm throughout the whole extent. The sheep was well fed, but could not be fattened.

*Worm-seed oil*, in doses of ten or fifteen drops, on a lump of sugar, repeated morning and evening during a week or ten days, is said to be the best remedy against worms, particularly in children. I myself entertain a high opinion of its specific power. The oil must be pure, or the effects cannot be produced ; the Baltimore worm-seed oil is said to be superior to any other.

## CHAPTER XXX.

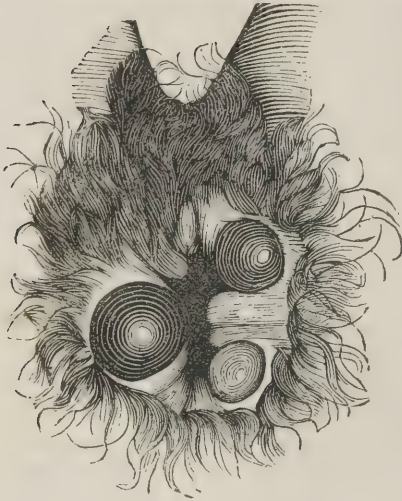
### THE PILES (HÆMORRHOIDS).

THEY are of two kinds: when a discharge of blood comes from the hæmorrhoidal vessels, it is called the *Bleeding Piles*; but when the vessels only swell, and discharge no blood, but are exceedingly painful, they are called the *Blind Piles*. In severe cases, a portion of the intestine falls down every time the fæces are passed, and requires to be pressed up by the hand.

The bleeding piles are sometimes periodical, in which case they are essentially beneficial, and are by no means to be suppressed. Many persons have greatly injured their constitution by stopping a periodical flux of this nature. However, when it comes on but seldom, and is not regular in its visits; when it continues long and enfeebles the patient, hurts the digestion and hinders nutrition, there is reason to conclude it is the production of some sharp chronic disease.

High living, inactivity, sedentary employments, inebriety, great costiveness, of body, violent passions of the mind, the neglect or suppression of customary evacuation, will bring on this complaint. It is sometimes hereditary, and very frequently symptomatic of a deep rooted scurvy. Pregnant women are often afflicted with it.

The patient commonly feels a sense of weight about the anus, a weakness of the stomach, flatulency in the lower parts of the belly, frequent desire to make water and go to stool; the blood is generally black, and sometimes comes away in large clots and is very copious; there are instances in which a pint and upwards has been discharged by a patient in a day.



PILE TUMORS.

The piles are generally owing to costiveness, and weakness of the bowels. In the blind piles there is a most intense pain, especially at the time of going to stool, and sometimes the excrements are tinged with blood: tumors appear on the verge of the anus or fundament, and the veins are much dilated with coagulated blood, raising tubercles as large as peas or grapes, sometimes much larger, some of which are soft and indolent, others hard, inflamed and painful, rendering the patient unable to walk, stand or sit; they sometimes occasion an abscess or a fistula.

TREATMENT.—Linen dipt in warm spirits of wine, and emolient poultices, may be applied to the blind piles; or leeches may be used, to draw off the noxious blood. Many other remedies are said to be “sure to cure” the piles;

but having used most of them without deriving permanent benefit from any of these so-called *specifics*, I cannot recommend them with any degree of confidence to the public. The very best remedy is, I believe,—and I have had some experience in treating this troublesome complaint—equal parts of alcohol and cold water, with which lotion the parts affected are to be bathed as often as possible, during fifteen minutes each time. Injections of *cold* water should also be thrown up the bowels morning and night, with a suitable syringe; half a pint of water, as cold as it can be procured, is the proper quantity for an injection, in this complaint. Although a simple remedy, which is, however, generally the best, I believe it superior to all others. The bowels must be kept soluble by the use of *Graham* bread, stewed tamarinds, prunes, figs, roasted apples, &c., and by the habitual use of injections of a pint of *tepid soap-suds*, once a day; which are as superior to medicines, as virtue is to vice. Cooling ointments and washes, when they give relief, may also be used as auxiliaries to the above treatment; although they are by no means essential to effect a cure, except in some rare instances.

The diet, in these disorders, should be cool and nourishing, of light and easy digestion; spirituous liquors should be avoided, and the body, if much bound, kept moderately open with a little of the *English Lenitive Electuary*; a teaspoonful, say, three times a day.

*“Bleeding Piles.”*—If bleeding is present, or if we are called to prescribe for what is termed the ‘bleeding piles,’ in which hemorrhage is the most predominant symptom, the following ointment will be found very effectual in arresting it: Take the *red or styptic powders*, pulverized, one part; *Venice turpentine*, two parts; *lard*, eight parts; add the whole together, and simmer over a gentle fire till the lard is melted. Remove from it, and continue to stir until it is cold, in order to mix or incorporate the articles. Let a small portion of this be introduced as far up the bow-

els as possible with the finger, or on a piece of lint, or in any manner that can be most conveniently done. The first application of this ointment usually stops the bleeding."—BEACH.

The same writer informs us that a Connecticut botanist recommends a plant called "*sweet gale*," as an infallible cure for this disease. An infusion of this is to be made, and freely drank during the day and evening. A strong decoction of *crane's-bill* (*G. Maculatum*), drank in half-teacupful doses twice a day, and also injected up the bowels, is said to be a good remedy; also an ointment made of the powdered root mixed with lard.

## CHAPTER XXXI.

### THE GOUT (PODAGRA).

THE seat of Gout is in the *small* joints and ligaments, —commonly those of the toes, and particularly of the *great-toe* ; and according to Boerhaave, the principal times of its invasion are the spring and the autumn. This disease usually seizes the patient all of a sudden, and without any previous notice of an immediate nature ; sometimes, however, it is preceded by crudities within the stomach, indigestion, flatulence, costiveness, a sense of heaviness, torpor, &c., which daily increase, until at length the fit comes on.

The place which gout first and regularly attacks, is always the foot ; and chiefly those parts through which the liquids find the most difficult passage, such as are most remote from the heart, and are most pressed and pinched. Aretus says, “ the pain first seizes the great toe, next the edge of the heel that first touches the ground when we walk, next the hollow of the foot, and last of all the ancles swell ;” from whence Sydenham concludes, that “ the feet are the genuine true seat of the peccant matter.”

The pain becomes gradually more and more intense till it reaches the highest pitch, sometimes resembling a violent tension or laceration of the ligaments, sometimes resembling the gnawing, as of a dog for instance, and some-



times like a close tightness, as by a ligature, together with strong compression ; nay, so lively and exquisite is the pain at times, that the very weight of the bed-clothes, or the motion of the bed from a person's walking across the room, becomes even insupportable. Sometimes the part seems distended to such a degree that the unhappy patient thinks it will burst every moment ; when this is the case, it is seldom more than six hours before the pain abates, or twenty-four hours from the commencement of the paroxysm or fit ; after which, the parts begin to swell, a gentle perspiration takes place, and the patient obtains rest. In a few days the other foot begins to be affected in the same manner, and the same course of distracting pain and misery must be borne as before ; sometimes it attacks both feet at once, but it generally seizes one after the other. A number of these paroxysms is what is called a " fit of the gout," which is longer or shorter, according to the age, constitution, strength, and disposition of the patient's body ; this happens to persons of a vigorous constitution, and whom the gout seldom visits, for about fourteen days ; to others for two months ; and some who are debilitated with old age it does not leave till chased away by the summer's heat. After the disease terminates, the patient's good habit of body returns in proportion to the severity of the fit.

When the gout has been improperly treated, and disturbed by mineral medicines, it assumes a more dangerous appearance, and becomes universal ; it is then called the irregular gout, and attacks the hands, wrists, elbows, knees, and other parts of the body, distorting the fingers, &c., and generating chalky substances or concretions about the ligaments of the joints. In this case the patient is continually tormented with this cruel disorder, a month or two in summer only excepted ; he is also disturbed with sickness as well as pain, being subject to headaches, coughs, pains of the stomach, &c. Hippocrates, speaking of the gout, says that it is " the most violent of all the disorders that affect the joints, the hardest to subdue, and the most permanent ; yet, however lasting or troublesome, is by

no means mortally dangerous." Experience, however, has shown that many have fallen victims to its attack upon some of the more noble parts.

Persons are seldom visited with the gout till they are upwards of thirty years old ; it is brought on by intense study, high living, too great indulgences of the appetite, inebriety, especially the drinking too freely and constantly of rich, generous wines ; also venereal pleasures carried to excess, great exercise, a moist, cold air, contusions, acid gas—as appears from the sour sweats and acid eructations so common in gouty paroxysms ; the passions of the mind, and indolence, will all tend to produce the gout. Those are particularly subject to it who are of a gross, full habit, and whose feet are suffered to sweat in wet stockings, or are too suddenly chilled whilst in a state of perspiration. This disorder may also be received by contagion, and is in many instances hereditary.

TREATMENT.—Persons who are subject to the gout should observe temperance with the greatest strictness ; regular diet and wholesome exercise are two things of the greatest importance in a remedial point of view. Let the patient live wholly on animal food, or use a milk diet ; he may drink plenty of milk-whey, but must abstain from all vegetables, claret, and malt liquors—spirits diluted with water will do no harm. Such persons should rise early, and take exercise ; indeed, too much exercise cannot be taken, nor too often repeated. The mind should be kept as calm and composed as possible. Amusement and a little dissipation of thought is necessary.

If the feet or hands be inflamed or swollen, a fomentation made of burdock or yarrow, and after the local application of vapor of water as hot as it can be borne, *raw cotton* may be applied, moistened with tincture of cayenne,

or a poultice made of Indian meal, water, and cayenne. By these means the pain and swelling will be greatly relieved. In the fit of gout the patient's usual diet must not be materially altered. He should endeavor by all means to promote perspiration; for which purpose a little wine, or wine-why may now and then be drank; and the affected part wrapped up very warm in flannels.

If the gout seizes the stomach, give immediately half an ounce of æther, with a scruple of camphine in it. Let it be taken alone in a spoon, without swallowing anything after: if the sensation it occasions is disagreeable, let the mouth be rinsed with water, and spit it out. It is an admirable remedy, and has uniformly proved efficacious where tried.

To fix an erratic or wandering gout, and bring on a regular fit (which, in such cases is advisable), give equal parts of brandy and tincture of assafœtida in half table-spoonful doses, four or five times a day, and bathe the great toe and metatarsus with *water of ammonia*. If the fit comes on in good earnest,

Take Gum Camphor, pulv., 15 grains; purified Opium, Ipecacuanha, of each, 3 grains; Cayenne, 5 grains; Aromatic Confection, enough for a bolus.

Let this be washed down with the following draught:—

Take Tincture of Guaiacum, 6 drachms; Water, 8 spoonful. Mix.

After swallowing the bolus and draught, the patient should lie between the blankets for a sweat. Let the draught be repeated every night for some time, with the addition of two drachms of tincture of aloes, if costive.

But it is with the *Electro-Magnetic* electricity that the greatest success may be obtained in the treatment of this complaint—at least such is my experience. When *properly applied*, it stands unrivaled in the treatment of this, and of diseases generally. This I affirm, and can maintain the affirmation by something more powerful than *words*,

and as I flatter myself with perfect satisfaction to all who choose to give it a trial. It is the *only* natural remedy with which I am personally in favor; in comparison with which, all other remedial agents sink into utter insignificance, in my estimation. With this magnificent remedy, be assured, that "*the gout is incurable,*" will no longer be taken for granted by the sensible portion of the community, who *will* test its efficacy.

## CHAPTER XXXII.

### RHEUMATISM (RHEUMATISMUS).

THE Rheumatism is a painful disorder of the large joints and fibrous tissues of the body, which comes on suddenly, and is attended with much pain and swelling. Dickson says, that it is, in every case, ushered in by fever fits. The young and middle aged are more liable to rheumatism than the extreme old ; and like the gout, it is a *remittent* disorder. This disease is not unfrequently mistaken for the gout. The wrists and ankles become much swelled, and exquisitely painful ; the heart palpitates, and the patient is in such pain as to have his breathing impeded ; the tongue is foul and furred, and there is occasionally delirium. This disease may happen at all times of the year, but according to Hoffman, it is most prevalent in the spring and fall, when there are remarkable changes of the air from cold to hot or hot to cold, and the wind suddenly shifts to the opposite points of the compass several times in the twenty-four hours.

The rheumatism chiefly attacks persons after violent exercise, or great heat of the body from any cause, and then being too suddenly cooled. It is also brought on by inebriety, excessive cold, indigestion, venery, immoderate labor, or a sudden disuse of customary exercise.

The pains are sometimes surprisingly acute, so as to render the least

motion exceedingly dreaded by the patient ; they are chiefly wandering, especially in the beginning of the disease, and pass from one joint to another, either of the same or of the opposite side of the body, but (if the disease be chronic) it seldom occasions a swelling, or brings a fever along with it. If the disorder, however, be of the inflammatory kind, its symptoms are the most to be dreaded ; the parts affected being frequently inflated with a white swelling, and so distended that the patient can scarce move a limb without the utmost pain ; and Boerhaave asserts, “ if it lasts long and increaseth, it often deprives the joint, after most horrid pains, of its motion, and makes it stiff by an anchyloses, scarce removable by any means whatever.” And Van Swieten says, “ he has seen in some patients such anchyloses arise in the spine of the back, from rheumatic pains, as made the poor wretches walk with their bodies bent forward, so that during the remainder of their lives they could never stand upright.” All the joints of the body are sometimes inflamed in succession, and occasionally, spontaneously.

When it seizes the loins it is called the *lumbago* ; if on the thigh-bone or hip, the *sicatica*, or hip-gout ; and physicians universally agree, that when the rheumatism settles here, it is more difficult, and longer in being cured, than in any other external part of the body. This violent and obstinate pain is chiefly felt when the head of the thigh bone is received into the acetabulum or cup-like cavity of the pelvis ; the pain will sometimes extend itself to the lower part of the loins, to the thigh, leg, and even to the extremity of the foot, yet outwardly there is no swelling or inflammation, &c. Sometimes the pain is so intense and spasmodic, that the patient cannot stand upright, or bear the least motion. All violent motion greatly exasperates the pain.

But there is yet another form of this disorder, which is not an error of nature, but a disease which is a disgrace to the mineral doctors—mercurial rheumatism—which they confess is brought on from repeated salivation by mercury, given as medicine in other diseases. Perhaps, with the single exception of fever, there is no disease upon which the *reformed practice* produces such signal benefit as that of the rheumatism, by giving internal stimulants. The



animal heat is increased, the capillaries are expanded, the circulation is restored by expelling the morbid matter to the surface; while the vapor bath opens the pores of the skin, and lets out the stagnant fluids; it also relaxes the stiffness of the joints and muscles, and thus, in a few hours the most excruciating pains are relieved.

TREATMENT.—In this complaint a cool diluent or resolving diet, and cold bathing, are recommended. The patient should also ride on horseback, and wear flannel next the skin, or, according to Richerand, over the shirt is best, to which I agree. The night air should be avoided.

The chronic rheumatism, if idiopathic, is very easily cured, however difficult it may be thought to be. The author conceives he has a right to speak with confidence on this subject, for he has had the management of innumerable rheumatic cases, and never found any difficulty in curing them with the following remedies. Bleeding protracts the cure in chronic cases as well as in acute. If symptomatic, the cure depends on the removal of the primary disorder.

The animal or internal heat and vigor of the circulation must be roused and increased, first by stimulants, which should be effected by cayenne powder, taken to the amount of half a teaspoonful in pennyroyal tea; nutmeg and cinnamon may likewise be added to advantage. The following *pills* should also be taken, to the number of three or four a day.

Take pulverised Gum Guaiacum,  $\frac{1}{2}$  an ounce; Balsam of Copaiva, 1 drachm; Canada Balsam, 1 drachm; Pulverised Ipecac. 1 drachm.

Let half a gallon bottle of hot water be placed to the feet, wrapped round with a cloth wet with vinegar and water, every night in bed. Should a joint or joints be affected after steaming every night, rub well into the parts affected, the strong *tincture of cayenne*, with equal parts of oil of turpentine; or dip a towel in cold or luke-warm water, wring it out and fold it in three layers, slightly

sprinkle it on one side with cayenne, and bind it round the joint, taking care to bind tightly over it a dry cloth to confine and completely envelope the wet bandage; and place, if it be the knee or ankle, a hot brick to the foot or feet. In addition to these means, another liniment may also be used, which I have found to succeed when the other has not proved sufficiently efficacious :—

Take Tincture of Cayenne, 1 pint; Acid Tincture Lobelia, 2 ounces; Oil Camphine, 2 ounces; Oil of Cedar,  $\frac{1}{2}$  ounce; Oil of Spearmint,  $\frac{1}{2}$  ounce. Mix, and shake well together.

Bathe the parts well, and rub it into the skin before a fire; let this be done morning and evening.

The following rheumatic liquid of Beach is very good :—

Take Tincture of Opium,  $\frac{1}{2}$  ounce; Sassafras Oil, 2 ounces; Hemlock Oil, 1 ounce; Red Cedar Oil, 1 ounce; Oil of Turpentine, 1 ounce; Gum Camphor, 1 ounce; Cayenne, 1 ounce; mix, and add Alcohol, 2 quarts.

This is a very useful compound for rheumatism, and every description of pain, ague in the face and jaws, neuralgia, spinal irritation, &c. Bathe the parts affected for a few minutes, with the hand or a piece of flannel; repeat when painful; if too strong, dilute it with a little water.

I have only now to add, that I have used the remedies herein recommended, upon rheumatism in every shape, and some have been of so serious a nature, and of such long endurance, as to have been given up both by the doctors and themselves; some who have gone years upon crutches and sticks, and in some instances even unable to rise from their beds; and yet, by the aid of these means, I have been remarkably successful in restoring them to health and happiness once more.

#### A CASE OF MERCURIAL RHEUMATISM.

“ This is to certify, that about eleven years ago I was confined with my first child, and in about a week after my confinement I was seized with a

pain in my leg and up my bowels, accompanied with a swelling, which continued to get worse, so much so that I was unable to move it ; a doctor attended me, and said, that I was dangerously ill, and must keep my bed ; he gave me some powders and a draught, and ordered leeches to be placed upon my bowels, and as soon as they were taken off, a blister was placed on—I was directly afterwards bled in the arm, all in one day. My doctor's bill that day was about *six dollars*. I continued under this doctor for three weeks, and got a little better, but was so lame that I could not get about without great difficulty—the least exertion obliging me to rest my leg or go to bed. I had a great many places come about my legs (*nodes*), and so much did they swell and pain me that I thought they would burst. I had advice from many medical men, including a physician of Coventry ; but I could obtain no permanent relief. I then applied to a Reformed physician for advice, as I was altogether bodily ill, and so reduced that I and all around thought my recovery impossible. It is now about six weeks since I first came to the doctor's, who carried me through a course of medicine, in which I took a steam-bath every other night, for three weeks, together with a few ipecac emetics ; the treatment began to remove the pain from the first. I have now been under the doctor's care for six weeks, and I can state, that I am well in health, and three weeks ago walked eight miles in one day, without inconvenience, or being in the least degree fatigued.

“ Witness my hand, this 18th day of March, 1847.

“ E. GARDNER.

“ Bridge-street, No. 9, West Birmingham.”

## CHAPTER XXXII.

"Honi soit qui mal y pense."

### THE VENEREAL DISEASE (SYPHILIS).

THAT infection of the human body which goes by the name of the Venereal Disease, may properly be distinguished into two kinds, entirely different in their nature, termination, symptoms, and treatment. There are, then, two distinct forms of this disease, the one commencing with heat and pain in the urethra, with scalding in passing the urine, and attended in a few days by a constant discharge of white matter; this is called *gonorrhea* or *clap*. The other, having none of these symptoms, commences with what is called *chaneres*, which are small ulcers, situated upon or under the *glans* or nut of the penis, or on the vulva, in females. The poison of both kinds of this disorder is contagious, or capable of being communicated by accident to persons innocent of that to which it is usually chargeable. Yet impure or promiscuous connexion between the sexes is the well-known and general cause of the complaint.

Previous to my entering upon the principal design of this essay, it may probably not be uninteresting to give a concise account of the origin of this most dreadful malady, which has made such dreadful havoc in this country, and

in fact all over the civilized world, since its first appearance amongst us ; and this I shall do in a manner somewhat different from most others who have treated on this devastating and wide-spread disease :—

In the reign of Henry the Seventh, a Genoese mariner, whose name was Christopher Columbus, of an enterprising genius, and of extraordinary skill in navigation, applied to the king for two or three vessels well equipped to attempt to explore a country westward beyond the Atlantic Ocean, which he was confident, he said, of effecting, if properly encouraged, promising that whatever acquisition was made, should be subject to the king, and annexed to the crown of England. Henry having considered the proposal, either not supposing the project feasible for want of proper spirit, or from a parsimonious disposition, which was his principal foible, rejected the Genoese's proposal. This foreign adventurer finding no encouragement in England, immediately embarked for Spain, and making the same proposition to Ferdinand and Isabella, the then reigning sovereigns there, received every encouragement and attention his most sanguine expectation could suggest ; was supplied with such vessels of force as he thought expedient for carrying his undertaking into effect, and in short succeeded in making a discovery of Mexico and Peru, the southern part of the continent of America ; which have ever since been annexed to the crown of Spain, and from whence the Spaniards have imported such immense wealth, together with the baneful disorder which is the subject of this essay, as must have been first carried into England, had Henry embraced this adventurer's proposal. This disorder has had the denomination of the *Morbus Gallicus*, on account of the French having contracted it at the siege of Naples, and by their means communicated it to the English ; but in fact the Spaniards were the first propagators of it in Europe. This disorder is universal amongst the inhabitants of Mexico and Peru, and is not attended with such dreadful symptoms in that warm climate as is experienced amongst us in this comparatively cold region.

The natives of that country from whence it originated, experience so little inconvenience from this disorder, that they give themselves little concern about it, having a weed, which is found to be a specific for the cure of it. This is the *guaiacum* or *lignum vite* tree. The celebrated Dr. Boerhaave, professor of physic at Leyden, procured from a Spanish nobleman, who resided several years as Governor at Mexico, some of the young shoots, which he propagated in the physic-garden belonging to the university, and which he made use of for the cure of this disorder, it is said, with success ; and if that be the case, it is extraordinary it has not been introduced into the physic-garden at Chelsea. The same nobleman informed the professor, that a tradition prevails amongst the inhabitants of America, that the disorder first originated from the venomous bite of a serpent, the malignant effects of which has spread for centuries past through the greatest part of the inhabitants. This pernicious malady was not known through the extensive country of Russia, till Peter the Great, as he was styled, went over to England, where he continued some time, to inform himself of the English manner of building ships, and upon his return found that his attendants had introduced into his country a new

disease, which till then they were strangers to ; but which now is spread through every part of that extensive empire.

I have thought it appropriate to mention the above particulars, they being very little known to the generality of readers.

Where this baneful, dire distemper first showed its pernicious effects in this country, the gentlemen engaged in the practice of medicine were so little acquainted with the nature of it, that it baffled their utmost skill and applications ; and even the great Sydenham, styled the “ prince of physicians,” was at a loss in the treatment of this malady. It was supposed that its baleful influence was communicated, like the plague, through the medium of the air, wafting the miasm within the sphere of such persons as were liable to receive the infection by respiration, and that it might be propagated by the breath. As a confirmation of this then prevailing opinion, we find in the history of England, that one of the charges against Cardinal Wolsey was, his presuming to approach the ear, or appear in the presence of his royal master, Henry the Eighth, when he was infected with this malady ; but future experience convinced the gentlemen of the faculty that this was a groundless suggestion, and that the virus, however malignant, could be communicated only by actual contact.

It is necessary to make an observation in this place, that scarcely any other person has ever made ; that it is found, by the experience of such as are engaged in medical practice, that the virulence of the disorder in this country has abated considerably during the last fifty years, which is a happy circumstance for the present and succeeding generations.

Dr. Steward supposed that this disease raged in the



camp of Israel, which may be inferred by reading the fifth chapter of Numbers. Without doubt, it was first inflicted on mankind as a curse, in consequence of departing from moral rectitude, or the law of God.

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### *Of Gonorrhea, or Clap.*

A *Clap* is simply a running, or discharge of matter, occasioned by connection with a female, but without much soreness or swelling; and may generally be cured in two or three weeks from the first infection, the running being an effort of nature to free herself from the infection. In this case the patient should take the pains of observing a strict regimen with regard to eating, drinking, and exercise, in order that nature may not be obstructed or disturbed.

This disease may present itself to the physician in either the acute or chronic form; when it first makes its appearance, the symptoms which ordinarily characterize it, are: itching and tingling sensations at the extremity of the penis, and some slight pain just opposite the frænum. A certain interval of time elapses between the application of the infection and the appearance of the Gonorrhea—generally from four to seven days. It is, I believe, now well understood, that Gonorrhea commonly takes place sooner after infection than chancre. The symptoms of clap have been known to come on in twenty-four hours after connection, and it has been protracted to two or more weeks thereafter; but the usual time is as above stated. The person first experiences a slight degree of heat and uneasiness about the orifice of the urethra; the edges of the opening swell, become red, and immediately after the discharge is observed. A thin whitish or pale-yellow matter issues from the urethra, increasing in quantity, and becomes thick and of a deeper yellow. It sometimes presents a greenish or even a bloody appearance, depending on the greater or less severity of the attack. You are enabled therefore, from the color and appearance of the

matter, to judge of the degree of inflammation present. When the inflammation is at all severe, as in many cases, there is smarting or burning felt in passing water, together with considerable pain extending from the glans along the urethra to the perinæum. After the passing of the urine, the increased secretion flows very copiously from the urethra; the yard is also frequently stiffened throughout the whole extent, or erected, in consequence of the inflammation, producing what is called a *chordee*, from the irregular contraction which occasions a curvature of its under part or side. This symptom is most frequent at night, when excited by the heat of the bed. These symptoms are accompanied by a general uneasiness in the loins, testicles, and bladder, which often affect the whole of the lower belly or pelvic region.

The symptoms go on to increase in violence, if medical aid be not soon resorted to, and they last for a certain time; they then, in some *rare instances*, begin to decline; the pain on urinating gradually subsides; the discharge diminishes in quantity, and goes on decreasing, till it may disappear altogether. In such cases—and they are certainly not common—the duration of the disease may vary from three to six or seven weeks; at other times the discharge, instead of disappearing entirely, diminishes in quantity, becomes thick, has a less bright yellow color, and occasionally becomes altogether colorless. The scalding felt on making water has ceased, and no other symptom remains, except the continued secretion. In this state the disease may last for a great length of time—several months, nay, even for years; it then goes by the name of *gleet*.

In males the discharge comes from the inside of the urethra or passage to the bladder; in females, from any part of the membrane which lines

the genital parts. The infectious matter which excites gonorrhea is generally communicated during unclean coition: but it has been proved, beyond all doubt, that a discharge exactly similar to that of gonorrhea may, under certain circumstances, be produced by connexion with a woman whose genital parts are said to be perfectly sound.

In ordinary cases of gonorrhea the peculiar inflammation of the urethra, which constitutes the disease, does not extend up the passage beyond two inches from its orifice; when the inflammation is acute, or passes further up, the scalding is very severe, the under surface of the urinary passage becomes hard, feels like a cord, and is very painful to the touch; the stream of urine is diminished from the swelling of the parts which surround the urinary passage, and blood is often discharged with the urine, from the bursting of small inflamed blood vessels. The patient should not be alarmed at this mixture of blood in his urine, even when the quantity of blood is pretty considerable.

Gonorrhea is often attended with two unpleasant consequences, which arise from the irritation extending to the glands in the groin, or to the testicles. In the first case a hard painful swelling (*sympathetic bubo*) appears in one of the groins; in the second case, the inflammation extends along the seminal ducts down to the testicle, which becomes swollen and extremely painful to the touch, (*swelled testicle*.)

When a proper attention is not paid to cleanliness during the course of gonorrhea, or the extremity of the genital organ is unusually irritable, the discharge of matter is apt to produce small sores on the *nut*, or end of the penis, and to cause inflammation of the foreskin; if this state be neglected, the foreskin sometimes swells to such a degree, that it cannot be drawn back over the nut, or, what is still more dangerous, when the foreskin has been drawn back, it contracts, like a tight cord, round the end of the genital organ, cannot be pulled forward, and sometimes give rise to mortification of the part (*paraphymosis*.) The reverse of this is called *phymosis*.

We have as yet described gonorrhea only as it exists in men; when women are affected, the disease is generally more mild, and not so apt to irritate the bladder, or to produce swelling in the glands of the groin. The pain is commonly slight, and soon disappears; the scalding, also, is more frequently absent altogether, and the running soon terminates in a discharge of matter which bears a close resemblance to the whites, or *fluor albus*.

TREATMENT.—A clap or running admits of a speedy and certain cure in ordinary constitutions, but is frequently rendered tedious and destructive by the following circumstances: The patient, from a want of self-command, from a desire to conceal his malady, or from an opinion that it is slight and of no consequence, will seldom pay the necessary attention to regimen and medicines, or, from his peculiar situation and circumstances, cannot.

But without some attention to these, according to the symptoms and violence of the infection, it is in vain to expect a cure. The remedies which I am about to prescribe, are *not* mercurial preparations, but preparations intimately combined with the most powerful and essential parts of other anti-venereals, which render them at the same time perfectly *safe* to the constitution, and efficacious in the different stages and various symptoms incident to this disorder.

The clap begins with a discharge, at first of a white or yellowish color, and is generally attended with a pain or scalding in making water. In this stage of the complaint, if it be a *first* clap, I give the sulphate of magnesia (epsom salts) with the infusion of senna, thus :

Take Epsom salts, 1 ounce ; Alexandria senna tea, 6 ounces, mix.

Dose, 3 tablespoonsful two or three times a day, so as to purge the patient somewhat briskly. The patient having been freely purged, it will be advisable to drink copious draughts of some small liquor frequently, as tea, milk and water, whey, small beer, or water alone, which is perhaps the best. Two drachms of the carbonate of potash, or the sub-carbonate of soda, should be taken in a quart of some diluting drink, in the course of a day ; capillaire, or tea, will also answer the purpose very well. I have found lime water a very excellent diluent in this disease. Soda water is often useful, but it must be ascertained whether it produces irritability of the bladder or not ; for in some persons this is apt to be the case. If it increases very much the inclination to make water, it should not be persisted in ; if it does not produce this effect, it is a very excellent diluent or beverage.

The penis should, also, be suffered to hang for a con-

siderable time in warm water, which will relieve the inflammation, and produce nearly all the good of a warm bath. When the ardor urine, or pain from scalding of the urine and chordee are very severe, 20 drops of the liquor of potash, with from 3 to 5 grains of the *extract of conium*, in an ounce of *camphor mixture*, may be given with considerable advantage. This is the plan which I usually pursue during the first week. I then recommend lint, dipped in the dilute sub-acetate of lead to be applied to the part. Do not use an injection in the first instance, but pursue the plan I have pointed out to you during the first ten days.

At the end of this time, when the inflammation has in a great degree subsided, I begin by giving the patient the *balsam copaiba*. An ounce of the balsam may be mixed with an ounce of the mucilage of acacia, and four ounces of camphor mixture, and a table spoonful given morning and evening. Having given this mixture for two days, the discharge will be very considerably diminished, and I then order an *injection* of the dilute sub-acetate of lead water. This is my method for curing a first gonorrhea, in the safest and most expeditious manner. In the third week I continue to give the balsam of copaiba; and the best injection which can then be employed is the dilute sub-acetate of lead water, with the sulphate of zinc, thus:—

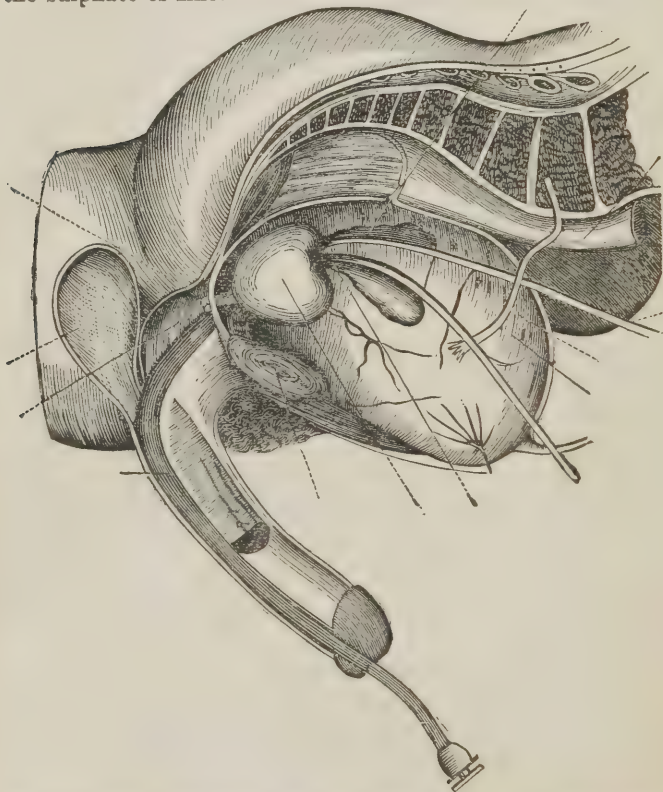
Take sulphate of zinc, 6 grains; dilute sub-acetate of lead water, 4 ounces.

It is by this plan principally, that I succeed in generally curing a gonorrhea safely and expeditiously. If instead of using an injection, you suffer the discharge to run on, week after week, you will be almost sure to lay the foundation of stricture.

If the patient apply for a second or third clap, I pro-



ceed differently, and give him the balsam of copaiva immediately, which will, in general, put a speedy stop to the discharge. The inflammation of a second class is comparatively slight, and, in general, it will only be necessary to give the balsam for a week, and then begin with the injection of the dilute sub-acetate of lead water, and the sulphate of zinc.



MALE GENITO-URINARY ORGANS, SHOWING THE CATHETER INTRODUCED INTO THE BLADDER



Gonorrhœa may often be prevented by certain attention to cleanliness after connection; and whenever any suspicion exists the parts should be carefully washed immediately after *coitus*, with soap and water, or still better, with a strong solution of alum, (a piece as large as a walnut, in a wine-glassful of water,) this latter substance possesses the valuable property of completely destroying all morbid animal secretions. A small quantity of the alum solution should be injected with a syringe between the lips of the urinary passage, (but not sent up higher than an inch,) in all cases where we have reason to fear that an impure connection may have taken place.

When the inflammation has been brought down by these means, or when it has been moderate from the commencement, we may begin to give, at once, either *cubebs*, or the *balsam of copaiva*. A drachm of the powdered *cubebs* may be administered thrice a day, in a wineglassful of wine and water. The patient should abstain as much as possible from drinks during its administration. When *copaiva* is employed, from twenty to thirty drops may be given three times a day, on a bit of sugar, or in the following manner, as recommended by Sir A. Cooper:

Balsam of *copaiva*, 1 ounce; mucilage of gum arabic, 1 ounce; camphor mixture, 4 ounces. A tablespoonful to be taken night and morning.

To conceal the unpleasant taste of the balsam, it may be rubbed up with magnesia into a kind of paste, and then made into pills; the dose then being from twelve to twenty grains. Sir A. Cooper has found advantage in combining the *cubebs* and *copaiva* together thus:

Balsam of *copaiva* 1 ounce; powdered *cubebs*, two drachms; mucilage of gum arabic, 1 ounce; camphor mixture, 4 ounces. A tablespoonful twice or three times a day.

The *copaiva* or *cubebs* may be continued for eight or ten days, beyond which it would be useless to employ them, if they do not produce any good effects. We must, then, have recourse to injections, which are to be thrown into the urinary passage by means of a small syringe. People have often a dislike to use injections, lest the fluid pass up into the bladder. There is no fear that this will happen. The sides of the urinary passage lie in close contact with one another, and fluid cannot be driven into the bladder with the ordinary syringe; besides, we should remember that in no case is it necessary to push the injection with force; if it passes for a couple of inches into the urinary canal this will be sufficient.

Mr. Thomas Evans of London, has assured us, that he is in the habit of completely stopping gonorrhœa, in its first stage, by making the patient inject any mild fluid, as cold water, rose-water, or a weak solution of alum, (two grains to the ounce,) constantly during the day. The patient must lie in bed, and throw up the fluid every *fifteen* minutes, or *half hour* at least. The constant injections prevent the gonorrheal inflammation from gaining ground, and the disease is stopped within twenty-four hours. Gonorrhœa in women may be safely treated with the same injections from the beginning; the quantity of each substance used must, however, be doubled.

When the matter accumulates underneath the foreskin, the parts should be washed two or three times a day in tepid water, and if there be any small sores about the root of the foreskin, these should be dressed with a

small quantity of *zinc ointment* on a piece of lint. If the bleeding from the urinary passage be copious, it may be arrested by ice-cold lotions to the genital organ and cooling drinks. The *chordee*, and painful erections, which almost always attend severe gonorrhea, may be relieved by the following draught, taken before going to bed.

Extract of hemlock, 5 grains; liquor of potash, 20 drops; camphor mixture, 4 ounces.

Or a pill, containing one grain and a half of *opium*, with five of *camphor*, may be taken at bed-time, and repeated, if necessary, in the morning. It has also been found beneficial to rub the under surface of the genital organ with an ointment composed of equal parts of fresh *belladonna* leaves (powdered) and lard. When the effects of the *chordee* are long in going off, we must rub in a small quantity of the *camphorated ointment* every night, along the surface or sides of the genital organ. When the irritation extends to the bladder, and gives rise to frequent desire of making water, with pain, a draught containing six grains of the extracts of *hyosciamus*, or of *hemlock*, in four ounces of *camphor mixture*, must be taken at night; or two grains of *opium* may be taken in pill, and an ounce of *castor-oil* administered in the morning to prevent costiveness.

The patient should endeavor to keep as quiet as possible, and should constantly apply cold *Goulard water* to the swelling, with lint covered by oiled silk. The extension of the inflammation to the testicle produces a very painful affection; the testicle swells, the skin which covers it becomes red, and a constant pain shoots up from the testicle to the groin. This complaint may often be prevented by wearing a *suspensory bandage* to support the testicle, from the commencement of the gonorrhea.

The testicles must be supported by a *suspensory bandage*, or a silk handkerchief, and a lotion composed of *Goulard water*, or one ounce of spirits of wine, in five ounces of water, should be constantly applied to the inflamed parts.

**GLEET.**—When gonorrhea has continued for some time, and the pain has completely disappeared, the discharge gradually loses its yellow color, becomes greenish, and finally clear; the constant running of this clear discharge from the urinary passage is called a *gleet*; but any excess of diet, &c., is apt to bring back again the greenish or even yellowish running. Gleet is not attended with much personal inconvenience, and is often neglected on this account, and is allowed to continue for many months or years. When it has lasted for a long time, it is frequently difficult to cure it by any treatment which we may adopt. Sir A. Cooper recommends the *balsam of copaiva* in the following manner:

Balsam of *copaiva*, 1 drachm; spirits of nitric ether, 2 drachms; mucilage of gum-arabic, 1 ounce; camphor mixture, 4 ounces. A table-spoonful to be taken two or three times a day.

The powdered *cubebs* may also be tried, in the dose of two drachms, three times a day. Either of these medicines should be continued for two or three weeks; but they often fail to check the running, and we must have recourse to injections, which, after all, are the most sure and efficacious remedies.

When injections produce a sense of smarting along the urinary passage, they are strong enough. The injection should be thrown up twice or thrice a day. Some benefit will also be derived from frequently bathing the genital organs with cold water; and when the patient is weak, or of feeble constitution, change of air, together with a course of *steel* medicines, (ten drops of tincture of steel, or ten grains of the rust of iron, thrice a day,) may be had recourse to.

It seems to me that a few words of a moral tendency, attached to the end of each chapter on venereal diseases, would not be inappropriate; I have therefore concluded to make a few selections from the sacred scriptures, for the purpose of giving youths, especially, something to ponder upon when they shall have read the terrible details laid down in this chapter. The wise and honest-minded will reap abundance of good from the startling contrast between vice and virtue, so simply and admirably portrayed by the inspired writers on the one hand, and by the foregoing descriptions of these death-dealing diseases on the other. The following is from the seventh chapter of Proverbs, one of the best books in the Bible:—

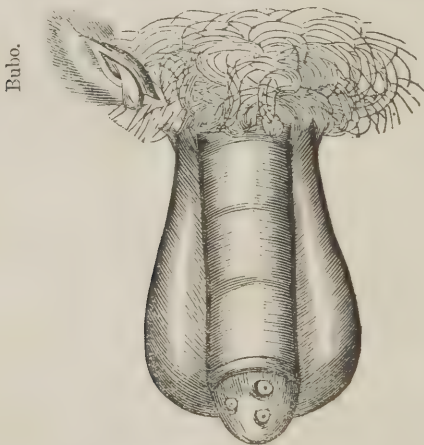
“Say unto wisdom, *Thou art my sister*; and call understanding *thy kinswoman*: that they may keep thee from the strange woman, from the stranger *which flattereth with her words*. For at the window of my house I looked through my casement, and beheld among the simple ones, I discerned among the youths a young man void of understanding, passing through the street near her corner; and he went the way to her house. In the twilight, in the evening, in the black and dark night: and behold there met him a woman *with the attire of a harlot, and subtle of heart*. (She is loud and stubborn; her feet abide not in her house: now *is she without, now in the streets, and lieth in wait at every corner*.) So she caught him, and kissed him, *and with an impudent face said unto him, I have peace-offerings with me; this day have I paid my vows*. Therefore came I forth to meet thee, diligently to seek thy face, and I have found thee. I have decked my bed with coverings of tapestry, with carved *works*, with fine linen of Egypt. I have perfumed my bed with myrrh, aloes, cinnamon. Come, let us take our fill of love until the morning: let us solace ourselves with loves. With her much fair speech she caused him to yield, with the flattering of her lips she forced him. He goeth after her straightway, as an ox goeth to the slaughter, or as a fool to the correction of the stocks; till a dart strike through his liver; as a bird hasteth to the snare, and knoweth not that it is for his life.

Hearken unto me now therefore, O ye children, and attend to the words of my mouth. Let not thine heart decline to her ways, go not

astray in her paths. For she hath cast down many wounded ; yea, many strong *men* have been slain by her. Her house is the way to hell, going down to the chambers of death.”

### *Chancre (or Syphilis)*

DESCRIPTION.—The poison of *syphilis*, when applied to the skin, or as Sir Astley Cooper says, as far as is known at present, to any surface, produces inflammation and ulceration, forming a sore called *chancre* ; which, being received into the glands of the groin, occasions *bubo*, and being conveyed into the system, circulates with the blood, produces ulceration on different parts of the body, on the mucous membrane of the throat, the skin, the membrane surrounding the bones, called *periostium*, and the bones themselves. The chancre generally appears three or four days after connection, and from four to seven days is the average time. The venereal poison first produces inflammation, then ulceration ; the inflammation is attend-



CHANCRES AND BUBO.

ed by a pimple arising from the surface affected, which is like any common pimple, excepting that it is of a deeper color; instead of being quite florid it is of a darker hue. This pimple is surrounded by a ring of redness, more or less broad; an ulcer forms in the centre, and then a pit forms in the body of the sore, which is often of considerable magnitude, and extends beneath the skin. The surrounding edges of the sore are hard and ragged, its surface is yellow, and the margin red—and the bottom of the sore is usually covered with a grayish, yellow-colored matter of tolerable tenacity or toughness.

Venereal infection is not only communicated by coition, but also by the application of the venereal matter to any part of the body on which the skin is thin, tender, and moist, as the lips, tongue, inside of the mouth, inside of the nose, and inside of the eye-lids; or by the application of the same to any accidental scratch, sore, or wound, on any part of the body.

It does not follow that every sore which may appear on the genital parts after impure connection is a syphilitic sore or chancre.

Hence a very important question presents itself—viz., by what means can we distinguish simple sores from the true venereal ulcer or chancre. This is a question more easily asked than answered. The medical man can always ascertain the virulent nature of a sore by inoculation; but this is an experiment which others should never venture to make. It will therefore be more prudent for such persons, as a general rule, to regard *all* sores on the genital organs as syphilitic, provided they treat them in the manner presently to be described.

It is unnecessary to confuse the reader with minute descriptions of its varieties; for all practical purposes it will be sufficient to distinguish the five following forms—viz., 1, the common chancre; 2, the indurated chancre; 3, the irritable; 4, the inflammatory; and 5, the sloughing chancre.

*Indurated Chancre.*—This is the sore which has often been called the Hunterian chancre, because it was so perfectly described by the great John Hunter. In men chancres generally make their appearance on the glans penis, frænum, or at the angle between the skin and glans, because these are the parts on which the virus is most easily retained; in some rare cases, the virus gets into the urinary canal or urethra, and gives rise to a hidden chancre in that part; and this explains the fact why many persons are affected with constitutional symptoms who have never had any appearance of sore or ulcer on the external parts. In females, the



sores may occur on any part of the genital organs, in the vagina, or even as high up as the neck of the womb.

The interval between the application of the virus and its effects on the parts is very uncertain; in some few instances, chancres appear within twenty-four hours after the application of the matter. Generally, the interval varies from three days to a week; but cases are on record where the diseases did not appear until after several weeks.

**TREATMENT.**—Caution is necessary, to distinguish between curing the disorder and only making the symptoms remove; for a slight application of mercury outwardly will drive a symptom from one spot and fix it in another, or drive the infection into the constitution. Thus, when a bubo is repelled by mercurial ointment rubbed into it, or a mercurial plaster laid over it, sores in the nose or throat commonly show themselves immediately after; also, if a phymosis or paraphymosis is improperly suppressed, a bubo is the consequence; and when a running is stopped by improper injections, by violent exercise, cold, or feverish disorder happening to the patient, swelling of the testicles or buboes are very commonly the consequence. Hence, the application of mercury to a venereal swelling or sore is absolutely forbid.

The treatment of chancre is both *local* and *constitutional*. We here shall first speak of the *local* means, and shall point out a few remedies on which the greatest reliance may be confidently placed. The syphilitic poison first excites a local sore, but four or five days may pass over before the virus is taken up by the absorbing vessels, and passes into the blood, to produce what are called constitutional or general symptoms, whereby the whole system becomes contaminated. In this state it is liable to break out in various parts of the body, often attacking the nose, mouth, eyes, forehead, shins, &c., sometimes destroying these parts.

The *local* treatment, then, consists, first, in cleansing as often as twice a day, the sore or chancre, with warm water and castile soap.

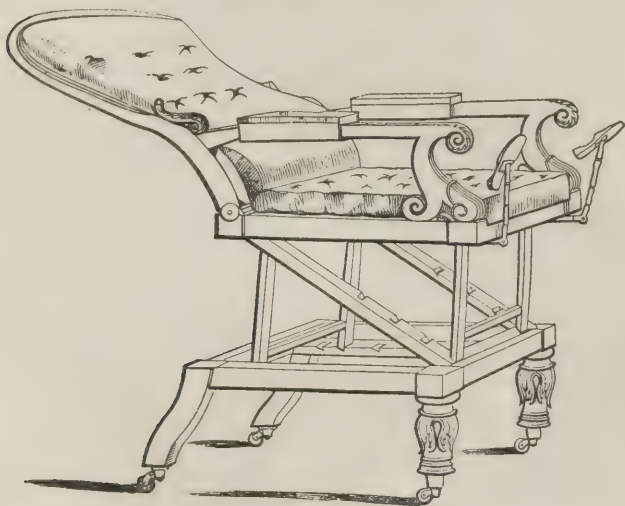
In *irritable* chancre the surface of the sore is red, and bleeds on the least touch; it is painful, often of irregular appearance, and has a tendency to spread whenever it is excited by irritating applications.

The *inflamed* chancre is nothing more than a simple venereal sore when it is attacked by inflammation; here the sore, generally in consequence of excesses on the part of the patient, becomes painful, red, and



swollen; the regular appearance of the sore is lost, the edges are removed by grayish or black sloughs, and the secretions from the part are of a very acrid and irritating character.

*Sloughing* chancre generally occurs in persons of broken down constitution, or who have injured their health by debauchery and excesses of various kinds; it is also apt to occur in those who give themselves up to drinking, &c., while under the use of mercury; in cases of this kind the original sore and the surrounding parts are rapidly destroyed by foul sloughs or gangrene, and unless the utmost attention be paid, the unfortunate sufferer may lose the greater part of the sexual organ.



EXAMINATION CHAIR.

As soon as any sore or pimple appears on the sexual organs after impure coitus, it should be immediately cauterized, by pressing over it lightly a stick of *lunar caustic*; this may be done twice in succession, but care should be taken not to press the caustic firmly on the sore, or carry it beyond the edges; our object is merely to destroy the *surface* which secretes the virus; a piece of fine dry lint should then be placed over the sore, and supported by any convenient bandage. When the eschar (scab, caused by the caustic) falls off, the caustic may be applied a second time in the same way, as a precaution. Even when the sore has existed for five or six days before it has been noticed, this mode of treatment may be employed. We should here observe that it is only applicable to simple and indurated chancre.

When the eschar has fallen off, the sore should be dressed with some mild astringent or gently stimulating application. The *zinc ointment* weakened by the addition of one-third part of the spermaceti ointment is a very useful one; some practitioners recommend the *black wash*; if there be much pain and soreness in the ulcer, the following will be beneficial.

Prepared Lard, 8 ounces; Wine of Opium,  $\frac{1}{2}$  an ounce.

A weak solution of alum, applied with lint, also forms an excellent dressing. During the use of these means the patient should live as quietly as circumstances will permit him, and avoid all excesses in food, drink, exercise, &c. The dressings should be changed at least three times every day.

Under this treatment common chancre will usually heal in a short time. The other forms of chancre require a somewhat different treatment, according to their nature. If the sore be of an *inflammatory* character, we must not think of applying caustic or any exciting remedies; the organ or ulcerated part should be wrapped up in lint, moistened with tepid water or Goulard water, and covered with a piece of oiled silk; the patient should keep as much at rest as possible, live low, and take an opening draught occasionally; in some cases, where the inflammatory symptoms run very high, it may be even necessary to continue the use of this lotion for some time even. For *irritable* chancre the best local dressing is the opiate cerete mentioned above, or a strong aqueous solution of opium.

When the sore is much inflamed, a small poultice composed of equal parts of slippery-elm flour and linseed meal thickened with milk or cream, and applied to the parts, will be found of much importance; but in no case should the same poultice be ever used twice, but every time it is removed it must be thrown aside, and a fresh one applied. Cleanliness in this complaint, is of the first importance, and should be strictly observed by the patient. As in any other *eruptive* disorder, the diet should be light, and free from salt; all excesses must be carefully guarded against, taking especial care to avoid all stimulants, smoking, debauchery, &c.

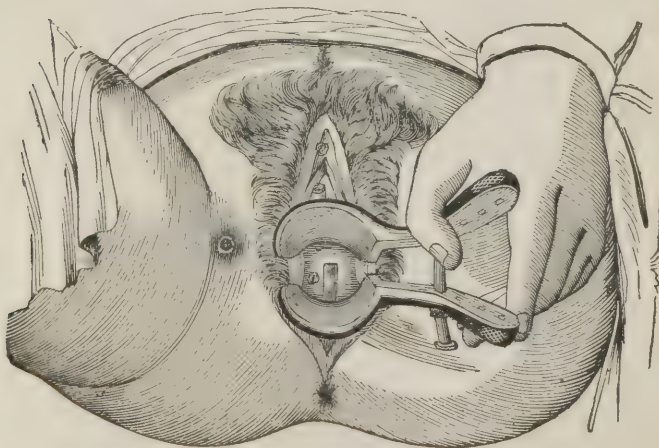
I come now to treat of the *internal* or *constitutional* treatment of the chancre.

When the means already mentioned have been applied *early* and assiduously, the patient has a great chance of escaping what is called secondary Syphilis, and, as a general rule, we would not advise the use of mercury for any primary venereal sore.

The internal remedy in which I place my chief reliance is the following invaluable *syrup* :—

Take American Sarsaparilla, 3 pounds; Yellow Dock Root, 1 pound; Guaiacum shavings, 1 pound; Sassafras-root Bark, 1 pound; Elder Flowers 1 pound; Burdock-root, 1 pound. Prickly Ash Bark, one pound.

Let half a gallon of cider brandy, fourth proof, and the same quantity of water be added to these ingredients; boil, and pour off the liquid; then add water repeatedly, and boil until all the strength shall be obtained; strain, and reduce to sixteen porter-bottlesful; then add twelve pounds of clarified sugar. Let it stand twenty-four hours to settle; pour off, and bottle for use.—N.B. The sugar can be easily clarified by adding to it half its weight of water, then a few eggs, and boiling till no more scum rises. Dose—a wineglassful three or four times a day. Beach, in speaking of this compound, thus observes :—



VAGINA WITH SPECULUM INTRODUCED.—(CHANCRES.)

"This syrup, the alterative, we use in a great variety of cases. In syphilitic or venereal diseases, rheumatism, and chronic inflammation of the liver we could not dispense with it; we also use it in the treatment of scrofula, which presents itself in so many shapes. In some of the cutaneous diseases we find it very effectual: in every species of ulcer it is also valuable; white swelling, necrosis, rickets, salt rheum, or herpes; and in short, we have found it very useful in every taint of the system, from whatever cause it may arise. I have used *Swaim's*, and many other boasted nostrums, but I find this preferable to all of them. It appears to act upon all the secretions and excretions. A tea of yellow dock may be taken with it;— $\frac{1}{4}$  of an ounce of the *hydriodate of potash* to every bottleful is a valuable addition."

This syrup, taken perseveringly (as many as ten or fifteen bottlesful, in bad cases), I hesitate not to say is a complete substitute for mercury for the cure of this complaint; without running the risk of salivation, mercurial rheumatism, rottenness of the bones, and various other diseases of the body being incurred.

## CHAPTER XXXIII.

### SECONDARY SYMPTOMS (CONSTITUTIONAL SYPHILIS).

**BUBO.**—In bad cases, or under bad treatment, both this variety of venereal, and that of gonorrhea, are often attended with swellings in the groins, called buboes.

The virus which is secreted by a syphilitic sore may be taken up by the absorbent vessels of the part, and conveyed by them to one or more of the lymphatic glands situated in the groin, where it excites inflammation; the gland thus inflamed and swollen is, as we have before said, called a *bubo*. This swelling generally commences on the second or third week after the appearance of the chancre; it may be ushered in by shivering and symptoms of fever; but, generally speaking, the patient's attention is first directed to it by some pain, stiffness, or uneasiness about the groin, and on examination he finds a small knot or tumor; this gradually increases in size, and then as gradually disappears, or it may suppurate and break, continuing to discharge matter for weeks or months; in some cases, however, the bubo will remain obstinately stationary for a great length of time.

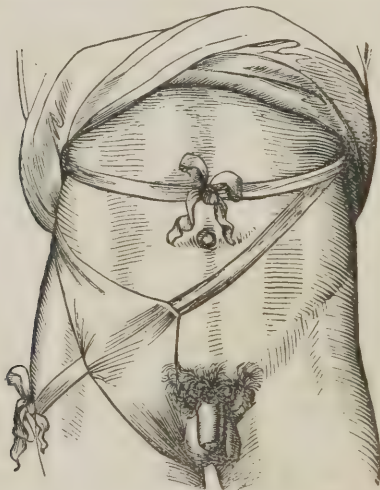
**TREATMENT.**—No symptom is more difficult to manage than this; it occurs frequently in scrofulous habits, often advances rapidly to suppuration, and is then extremely difficult to heal up. The great point is to prevent its breaking or coming to a head, which is chiefly done by lessening the irritation of the urethra, which accompanies the original disease. The cure of this symptom, when producing an open sore, is often more difficult to accomplish than any part of the treatment of the venereal disease.

As soon as a swelling in the groin is perceived after the existence of chancre, the proper treatment should be adopted without loss of time, for the chances of our preventing the tumor from bursting depend much on the *early* application of the remedies. If the occupations of the patient will permit him, he should constantly rest on a sofa; if not, he should at least endeavor to avoid any kind of exercise as much as possible; cold applications should be made to the part, and the diet should be very abstemious. During the day lint moistened with *Goulard water* should be constantly applied, and the bowels should be opened twice a day with a cooling purgative. Salts and senna, as heretofore recommended, are very good.

Our chief object should be to discuss or disperse a bubo: to effect which apply the *discutient ointment* three or four times a day, rubbing it in well before the fire; after which a *poultice* may be made by simmering the *cicuta leaves* in water, and, when soft, the *slippery-elm bark* to be stirred in, to form a poultice; it may be used constantly, but night is the most convenient time. The patient should be pretty freely purged. Should this attempt to discuss the venereal tumor or bubo fail, and should the swelling and inflammation increase, suppuration will probably succeed, which must be promoted, by applying the following poultice: Take the root of *wild carrot*, (*daucus sylvestris*.) bruise, and simmer in milk; then stir in the elm bark: or our common *poultice* may be applied to the part, to be secured by proper bandages.—BEACH.

Instead of blistering the tumor we may employ frictions with the common *iodine ointment*; or apply lint soaked in the following solution:—

Tincture of iodine, 1 scruple; distilled water, 2 ounces.



BUBO BANDAGE OR TRUSS.



When symptoms of suppuration appear, which will be known by the subsidence of pain and inflammation, with softness and fluctuation of the bubo, a small opening may be made to let out the matter; or it may be left a short time, to open spontaneously. After it has discharged freely, the poultice may be laid aside, and the *black plaster* or *salve* substituted. It should be washed with a little soap-water and spirits, and, if it does not heal kindly, treated as any other ulcer.

### *Syphilitic Sore Throat.*

This form of secondary syphilis occurs very frequently, and is often mistaken for common sore throat; on looking into the back of the throat we see a dusky redness, and here or there circular or semi-circular patches covered with a whitish and very *tenacious* secretion; these patches often occupy the surface of each tonsil; they may remain indolent for a length of time, but sooner or later they ulcerate and form deep irregular sores; in ordinary cases the pain, inflammation, and swelling are much less than what we find in common sore throat.

The *local* treatment consists in using gargles, or in touching the sores with some stimulating application. As a gargle, the following will be found useful:—

Diluted muriatic acid, 1 dram; decoction of Cinchona bark, 4 ounces.

To stimulate the ulcers they may be touched occasionally with a strong solution of *lunar caustic* or *sulphate of copper* (fifteen grains, to the ounce of water.)

For ulcers in the throat, the following ASTRINGENT GARGLE is very beneficial:—

Take oak bark, one ounce; water, a pint and a half; boil it till the strained liquor will be one pint; to which add, alum, one dram; honey of roses, one ounce; tincture of gum-lac, half an ounce; and best vinegar, four tablespoonsful. Or

The throat may be fumigated with a dram of factitious cinnabar, thrown upon a hot heater, (not red hot,) and the fumes received into the throat through a common funnel turned upwards, that the bottom may cover the heater, and the smoke ascend through the tube.

### *Internal Treatment of Secondary Symptoms.*

When the venereal poison enters the glands of the groin, occasioning bubo, we may be certain that it has passed into the system, when secondary or constitutional symptoms, as they are called, will sooner or later present themselves, if the virus be not previously neutralized or eradicated, by a judicious course of medical treatment. The way in which the syphilitic poison enters the blood is this: It is first carried through the *thoracic duct* to the

sub-clavian vein, into which it is poured, and soon finds its way to the heart, whence it soon finds its way through the circulation, to those parts of the system for which it has a special affinity, such as the lining membrane of the throat and nose; the skin or surface of the body; the periostrum and bones; but leaving the nobler parts, or those more immediately essential to life, intact and free. The brain, the organs of the chest, and abdomen, and even the lining membrane of the interior of the body, are never attacked with syphilis.

I will here enumerate the most common among the secondary symptoms:—Violent pains in the bones, particularly those of the forehead and shins, which are always most painful when warm in bed; ulcers about the genitals, also very low down in the throat, and from thence creep to the palate, destroying it, to the cartilage or gristle of the nose; scabs and scurfs, of a dull red or copper-color occur on various parts of the body, and which are sometimes as yellow as a honey-comb, which distinguishes them from all others.

Let the *Syrup* mentioned under the internal treatment of chancre, page 309, be honestly persevered in until a cure is effected; those who follow this advice, will certainly be cured of this disagreeable malady; those who, after using the syrup for a season, become impatient and changeable in their minds, and resort to mercury for a more *speedy* but *deceptive* “cure,” will assuredly be disappointed, and suffer more than I have time or inclination to explain further in detail.

Relative to regimen in venereal cases, I shall make one general observation: Let *temperance* be your guide in health; let temperance be your guide in sickness. Eat and drink whatever suits your appetite and inclination;

but take care not to pall its relish. Follow the dictates of nature and conscience in all your pursuits, which will ever point out to you the true road that leads to health and felicity.



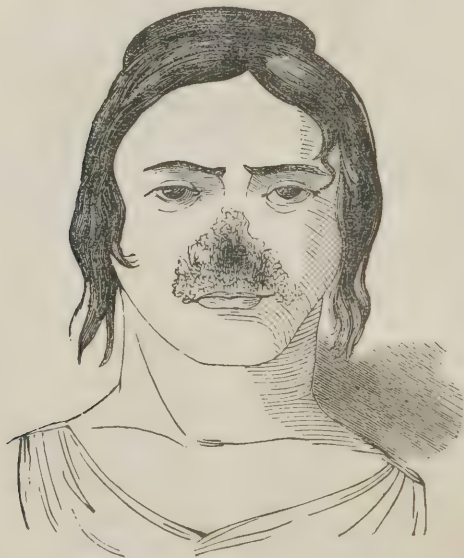
**EFFECTS OF SYPHILIS—NOSE AND MOUTH NEARLY DESTROYED.**

This and the following figure represent very confirmed and aggravated cases of this disease, termed Chancre. Though silent, they are yet the loudest, most eloquent, and effective sermons upon licentiousness that can be preached to depraved and sinful man, and every youth in the land should be warned by such monuments of degradation and loathsomeness before they become victims in an unguarded moment, to those seductive snares which will prove their ruin in the end.

The surface of the body shares the general destruction. The skin becomes covered with copper-colored spots, that degenerate oftentimes into leprous blotches or foul ulcers. The bones do not escape the ravages of this hydra-headed pestilence; the joints enlarge, become painful, and the surfaces of the bones tumefy, forming what are called **NODES**, whilst the

interior yields to the process of absorption, or rots away, constituting what is called *Caries*. The ligaments and tendons are also the seat of intense pain, wholly depriving the patient of sleep. It is extraordinary the length of time that some constitutions bear up against this complaint, and no less so the rapidity with which others sink under it. It is obvious that no time ought to be lost in seeking and adopting proper attendance. When the disease is suffered to proceed, and is not counteracted by proper remedies, the patient will, in course of time, be afflicted with severe pains, but more particularly in the night-time; his countenance will become sallow; his hair fall off; lose his appetite, strength, and flesh; rest much disturbed by night, and a small fever of a hectic kind will arise.

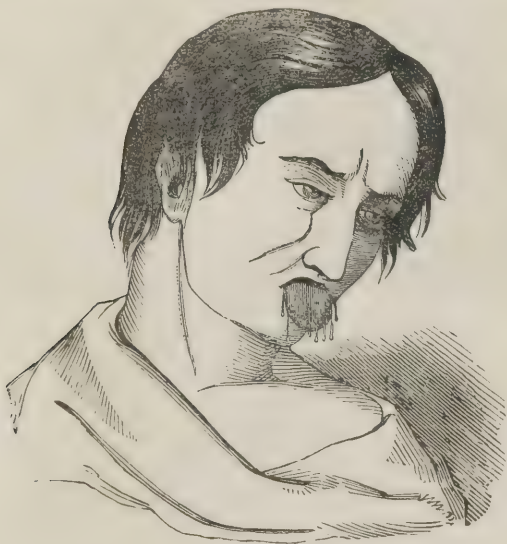
Females who labor under this disease during pregnancy, communicate the poison to the child in the womb, which sometimes destroys it before it is born; at other times its effects are seen afterward, and the poor, innocent offspring must suffer for the crimes of its parent. What a curse is annexed to a promiscuous intercourse of the sexes; and yet there are some who advocate the practice, under the sanction of religion—yea, the highest holiness.



**HORRID EFFECTS OF SYPHILIS IN A FEMALE.**

Mercury is now almost exclusively relied upon in some form for the cure of this disease, and yet I have to learn that it possesses any specific virtue in removing it. In the reliance of physicians upon this poison they betray their prejudice, error, and ignorance, as long experience and facts demonstrate.

Setting aside the unpleasant and injurious effects to which mercury subjects the venereal patient, there are other considerations of paramount importance for entirely dispensing with it; which is principally the fact, that *no preparation of mercury whatever*, according to the experience and observation that I have had, (and it has not been very limited,) has any power directly or indirectly, of curing the disease in any stage of it; but, on the contrary, often exasperates, protracts the cure, and brings on the mercurial disease, which is much worse than any form of syphilis.



#### SALIVATION.—EFFECTS OF MERCURY (CALOMEL.)

It is frequently itself a source of cutaneous diseases, sore throats, and symptoms, which, without its baleful influence, would never have occurred.

Is it not a startling fact, that this has never been discovered, with all the boasted learning and improvement of physicians? All their talents

have been engaged to ascertain whether the venereal disease can be cured without mercury ; whereas they have never yet learned, it appears, that it never was cured with it.—BEACH.

What a lesson is contained in the following from the excellent book of Proverbs, chapter fifth. Read it, young man ! read it, young woman ! Let all who do not feel perfectly secure in their strength, read and ponder. I can conceive of no language more beautiful or more pregnant with meaning than that in which these Christian sentiments are couched :—

My son, attend unto my wisdom, *and* bow thine ear to my understanding : that thou mayest regard discretion, and *that* thy lips may keep knowledge. For the lips of a strange woman drop *as* an honey-comb, and her mouth *is* smother than oil : but her end is bitter as wormwood, sharp as a two-edged sword. Her feet go down to death ; her steps take hold on hell. Lest thou should ponder the path of life, her ways are moveable, *that* thou canst not know *them*. Hear me now therefore, O ye children, and depart not from the words of my mouth. Remove thy way far from her, and come not nigh the door of her house ; lest thou give thine honor unto others, and thy years unto the cruel : lest strangers be filled with thy wealth ; and thy labors *be* in the house of a stranger ; and thou mourn at the last, when thy flesh and thy body are consumed, and say, *how* have I hated instruction, and my heart despised reproof.



## CHAPTER XXXIV.

### HERNIA HUMORALIS—(SWELLED TESTICLE).

A SWELLED testicle is generally occasioned by great exercise, as jumping, running, or walking too briskly, or by cold bathing while a clap continues, or by exposing the private parts to the cold more than is necessary, or by drinking inflaming liquors; sometimes by strong purges. It being the most painful and dangerous symptom attending the disease, the greatest care must be taken to remove it. The testicles must be supported or bound up with a linen truss or bandage; if the patient is of a full habit, the diet should be as low as possible; no exercise whatever must be used, even standing up is hurtful; it will be requisite to lie down as much as possible. The following fomentation will be serviceable:—

Take of Acetated Ceruse, a scruple; of water, a quart; shake them together, and foment (as warm as the patient can bear with ease) the swelled parts with flannel frequently, for some time together: after each time of fomenting, apply a warm poultice of white bread and milk over the whole private parts, and take the Syrup regularly.

The following vomit should be taken as soon as possible:—

Take of ipecacuanha, 15 grains. If it should not operate, it must be repeated, giving plenty of warm water at the same time.

If the patient, in a former complaint, has been troubled with this symptom, he should not neglect to keep the testicles supported with a suspension bandage while a clap continues, as the swelling is apt to return: if he cannot conveniently procure a linen truss, a slip of linen, or one handkerchief may be tied round the waist, and another brought underneath between the thighs to support the testicles.

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### *Phymosis and Paraphymosis.*

When the nut of the penis is swelled or inflamed, the fomentation ordered for a swelled testicle will soon reduce it, if frequently used for a quarter of an hour together, after which a warm poultice of bread and milk may be applied. Sometimes the foreskin is so much swelled, that it cannot go back to uncover the nut—this is called a *Phymosis*, and is to be treated as just mentioned; the patient must frequently endeavor to get the foreskin back very gently, while using the fomentation, but never use the least force. When it goes back, the parts affected should be smeared

with the ointment ordered to disperse the swelled groin, afterwards letting the foreskin go over the nut again: this and the fomentation should be repeated several times a day, till the swelling and inflammation are perfectly subdued. Sometimes the foreskin swells and inflames behind the nut, and cannot be got over—this is called *Paraphymosis*, and requires the same treatment as a Phymosis, always endeavoring to get the foreskin over the nut with great gentleness, as the least force will be very injurious.

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### *Venereal Nodes (Exostosis).*

**AFFECTIONS OF THE BONES.**—From the skin, the last seat of the action of the venereal poison, in its constitutional effects, is its attacks on the bones. These become affected with sharp pains, that are felt more severe during the night, and when warm in bed, and gradually depart as the morning advances. The pains are generally succeeded by some swelling or thickening of the bone at the part where the pain is most acute. The bones most liable to this morbid attack of the poison are the hardest of the body, as the shin-bone, shoulder-bone, and also the bones of the forehead.

**TREATMENT OF NODES.**—Mrs. B. was relieved of a severe pain of the head (arising, I suppose, from venereal nodes), after many applications had been tried, such as blisters, capsicum, fomentations, and other heating applications, by applying acetate or sugar of lead, and vinegar, cold.

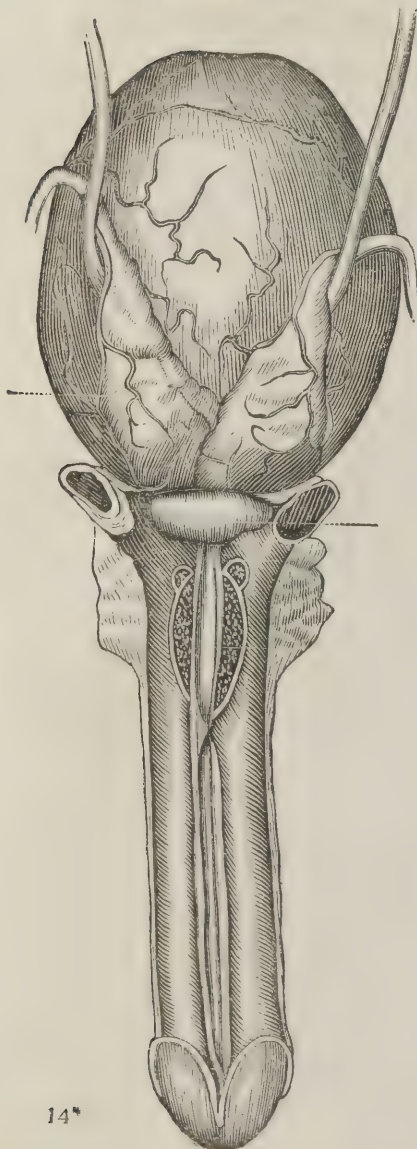
Another person was cured of an inflammation of the brain by the same application. I have found that cold applications will often remove pain in the head, while hot or stimulating applications are of no avail.

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### *Strictures of the Urethra.*

A frequent and formidable consequence of gonorrhea is *stricture*. Certain constitutions appear to be more disposed to this disease than others; and, in fact, those are most subject to it who show strong marks of a scrofulous habit in other respects. This symptom exists in various degrees, and narrows the urinary canal, often in several points at the same time. This complaint generally comes on gradually. The stream of urine becomes here more or less diminished, twisted in size and shape, or scattered, as it were, and forked. Stricture is the result of a thickening of the mucous membrane. Strictures, also, are divided into the *spasmodic*, the *inflammatory*, and the *permanent* varieties.

STRICTURE OF URETHRA.



Seat of the  
Stricture.

Another  
Stricture.

*Of Spasmodic Stricture.*

*Spasmodic Stricture* not associated with inflammation is a rare disease. It comes on suddenly, and is not attended with pain until the patient attempts to make water. Various causes are said to give rise to this kind of stricture; it may proceed from exposure to cold and damp, excesses in drinking wine, spirits, &c., retaining the urine too long in the bladder, irritation of distant parts; or "even an irritated state of mind, or a mind



CATHETER AND BOUGIES.

deeply engaged in study, will occasionally influence the nervous system to such a degree as to produce spasmodic stricture of the urethra."

*Treatment.*—"You should introduce a bougie," says Sir A. Cooper, "letting it steal gently along the urinary passage, and when it arrives at the strictured part there let it rest for a short time; after this you should gradually push it forward, using only a very slight force, but continuing that force until you have succeeded in passing the stricture. Let the bougie rest for a minute or two in the strictured part, and then withdraw it. The patient will be immediately enabled freely to pass his urine. If you have not a bougie at hand, you may employ a catheter, and it will answer equally well; you must take care, however, to use it gently, as I have just described."

The chief point to be attended to in such cases is not to irritate the parts by attempting to pass the stricture with a bougie, or to reach the bladder with a catheter. If much resistance be offered to the introduction of instruments, it will be better to have recourse to other means rather than persist in overcoming the obstacle by using force. The bowels should be well cleared out by means of copious injections of warm water, and afterwards an injection consisting of fifty or sixty drops of laudanum with a wineglassful of warm water should be administered, or from forty to fifty drops of this medicine may be given by the mouth; and the dose may be repeated after a few hours, if the patient be not relieved.

### *Inflammatory Stricture.*

Persons who indulge too freely at table, while laboring under chronic gonorrhœa or gleet, are most liable to this kind of obstruction; it may also occur during the acute gonorrhea, in consequence of inflammatory swelling of the mucous or lining membrane of the urethra, and may follow the introduction of a bougie. It is generally associated with the spasmodic form of the disease above described, is quick in its approach, and accompanied with severe pain.

*Treatment.*—The treatment in this case consists in opening the bowels with an *infusion of senna and salts*, or by means of *purgative clyster* and in the use of the warm bath. The injection with laudanum should be employed as above directed.

### *Permanent Stricture.*

This is by far the most common form of stricture; and, in the great majority of cases, proceeds from gleet or frequent attacks of disorder in ninety-nine cases out of a hundred. Astringent injections, employed in the cure of gonorrhea and gleet, were formerly supposed to be frequent causes of stricture; but experience has shown that they have been often condemned without sufficient reason.

At the commencement of every permanent stricture, you are made acquainted with the real nature of the complaint by the following symptoms. The first is, the retention of a few drops of urine in the urethra after the whole appears to have been discharged, so that when the penis has been returned into the small clothes, the linen becomes slightly wetted; and if you press on the under side of the urethra, a few drops more will be voided, which had collected between the bladder and that

part of the urethra where the stricture is situated. The next circumstance you notice is an irritable state of the bladder. This is evinced by the person not being enabled to sleep so long as usual without discharging his urine. A man in health will sleep for seven, eight, or nine hours without being obliged to empty his bladder; but when he has a stricture, he cannot continue for a longer period than four or five hours, and frequently much less even than this. The next circumstance observable is the division of the stream; the reason of which is, that the urethra is in an uneven state from the irregular swelling that surrounds it, and, consequently, the urine is thrown with an inequality of force against its different sides; sometimes the stream splits into two, becoming forked; sometimes it is spiral; at other times it forms, as it were, a thin sheath. Occasionally the stream rises perpendicularly, its long axis being at right angles to the long axis of the penis; thus, then, the retention of a few drops of urine after the whole appears to have been discharged, a more frequent propensity to make water than when in health, and the peculiar character of the stream, as just described to you, will be conclusive evidence of the existence of stricture.

Various plans have been proposed for the cure of permanent stricture, but almost the only method of treatment now employed is the gradual dilation of the part by means of bougies.

The first thing to be done is to ascertain the situation of the stricture, by passing a common-sized bougie into the urethra. The introduction of this instrument requires considerable caution and address; it should be first warmed before the fire, or dipped in warm water, then smeared with olive oil, or lard; if made of wax, it should be slightly curved in the form of a catheter, and is then to be gently passed along the canal until the stricture prevents it from proceeding farther; it is then to be withdrawn.

On the following day, a small conical or taper shaped gum-elastic bougie is to be introduced; it should be of the same size as the stream of urine, and being previously greased as above directed, is to be carefully passed along the urethra. When it reaches the stricture it should be allowed to rest a little, and is then to be pushed gently forward; if resistance be still offered it must be again allowed to rest for a minute or two, so as to avoid producing irritation or pain. If we succeed in introducing the instrument through the stricture, the cure is then in our power; but sometimes this cannot be effected without repeated trials and a great deal of trouble. When the bougie is introduced, it becomes tightly grasped by the stricture, and the patient is to retain it in that position until it passes through the stricture easily; this generally soon takes place—in many cases only a few minutes are required; it is then to be gently withdrawn. On the next day, or not until the expiration of two or three days, if irritation occur, the same bougie is to be again introduced, and if it pass easily, one a little larger is to be employed, and the same directions followed. In this manner the treatment is to be conducted, substituting successively larger bougies, always taking care to allow sufficient time to elapse between each introduction, in order to avoid irritation of the urethra; should this arise, the employment of a larger instrument is to be deferred until the symptoms of reaction pass off. By thus steadily but cautiously persevering in the introduction of bougies, the stricture will be at length overcome, and the largest bougie may be passed with facility. Five or six weeks, or perhaps a considerably longer period may be re-

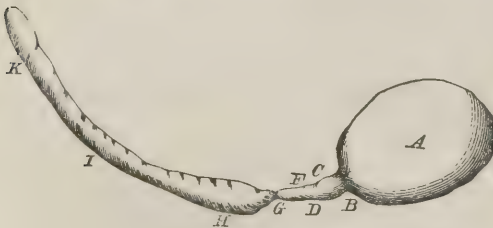


quired to complete the cure; but this mode of treatment, though slow, is safe, and very successful. No attempt should ever be made to get rid of a stricture suddenly, because it has been well ascertained that the dilatation is the more durable the more slowly it has been effected.

After the stricture is relieved the patient should pass a bougie or a catheter, once or twice a week, for a fortnight or three weeks, and afterwards at longer intervals. Should the stream of urine at any time diminish, he must again have recourse to the gradual process of dilatation above described, until the cure be permanent.

In long neglected strictures, it sometimes happens that even the smallest instrument cannot be introduced into the bladder. In cases of this description, much benefit will be derived from very carefully introducing a bougie every day, and gently pressing on the face of the stricture. By patiently persevering in this mode of treatment, a depression is made on the anterior part of the stricture, and, ultimately, the bougie will penetrate the constricted part. The cure may then be completed by gradually dilating the stricture, as already directed. Sometimes five or six weeks are required in obstinate cases before the instrument can be passed, but in general the obstruction is soon overcome.

### *Model of the Urethra and Bladder.*



STRICTURE OF URETHRA.

#### *Explanation of the Plate.*

"This cut represents a cast of a strictured urethra, taken by Home, made by injecting the canal with wax, and afterwards cutting open the urethra and removing the model, that formed a bougie of the exact size of the canal, and was impressed with all its natural irregularities.

The drawing is reduced to one-fourth the dimensions of the original; the cast was taken from a man thirty years of age.

A, the bladder; B, the neck of the bladder; C, the canal which passes over the prostrate gland and extends from B to D; F, the membranous portion of the urethra; G, a natural reduction of the caliber of the canal, directly behind the bulb;—but in this case it is somewhat smaller than usual, in consequence of a stricture which had formed here. This is the situation in which stricture is most commonly found, and which more than any other part is subject to obstruction of this nature. H, the bulb

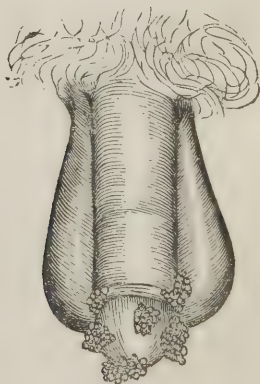
of the urethra; I, a portion of the canal slightly narrower than the rest; K, the fossanavicularis, a natural enlargement about three-fourths of an inch from the orifice of the urethra.

The length of the canal has been variously estimated by different anatomists; some put it down as being more than seven and a half inches, while others have exaggerated it to twelve. In order to determine this point, M. Whatley measured the urethra of forty-eight subjects, whom he divided into three classes, viz. :—The first of high, the second of middle, and the third of low stature. In each of these classes, however, there was some difference of size, and in many of them considerable varieties in the length of the projecting parts of the penis.

The following is the result of his measurements :—

<i>High Stature.</i>		<i>Length of Urethra.</i>		<i>Middle Stature.</i>		<i>Length of Urethra.</i>	
		Inches.	Lines.			Inches.	Lines.
In 1,	. . . . .	10	0	In 7,	. . . . .	8	6
" 8,	. . . . .	9	6	" 2,	. . . . .	8	3
" 5,	. . . . .	9	0	" 1,	. . . . .	8	0
" 2,	. . . . .	8	6				
<i>Middle Stature.</i>				<i>Low Stature.</i>			
In 3,	. . . . .	9	6	In 1,	. . . . .	9	3
" 1,	. . . . .	9	3	" 2,	. . . . .	9	0
" 7,	. . . . .	9	0	" 4,	. . . . .	8	0
" 2,	. . . . .	8	9	" 2,	. . . . .	8	3

### *Venereal Warts—(Vegetations.)*



Warts are of frequent appearance on the glans and prepuce, and they arise either from a previous gonorrhea or chancres. They appear some-

times after the discharge from gonorrhea has ceased. Their first appearance is like small points, which gradually become larger and more numerous, so as to cover the glans and prepuce, particularly the latter, like a cauliflower. They vary in their consistence as well as in their size; sometimes they adhere by a narrow, sometimes by a broad base. Where the neck is narrow, they are best removed by a ligature; where the neck is broad, they shrivel away if a sufficient inflammation is excited by any application on the surrounding surface, thus showing they possess no real vitality, but are merely of fungous growth.

Various caustics are used for this purpose: they are generally applied by a hair pencil to the heads of the warts, which gradually decay under the application. But though warts owe their origin to a venereal infection, they do not give way under a mercurial course, but continue without any visible change; nay, the venereal disposition is often entirely removed from the habit before the warts appear; so that this symptom does not depend on the permanence of the infection in the habit.

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*Proper Instructions to persons doubtful of the true difference between venereal symptoms and those often mistaken for them.*

This is the most important article that can be recommended to the attention of any person who has ever been infected with this disease; for it commonly leaves such depression upon the spirits, particularly when large quantities of *mercury* have been administered, that the patient is either driven to despair, or forced into the hands of ignorant pretenders, who put him under treatment for a complaint, of which, probably, he had not the least symptom.

All eruptive disorders of the skin, if they happen without manifest cause and obstinately refuse the force of medicine, are signs of a venereal taint; but must be distinguished from disorders of the skin, which are critical and not venereal; or from yellow or livid scorbutic spots, which abound most where other marks of a confirmed scurvy appear.

Ulcers of the throat, nose, palate and gums, with rottenness of the bones contiguous, are often observed in an inveterate pox; but to distinguish these, it must be remarked, that venereal ulcers first attack the tonsil glands and throat, then the gums, but more rarely so: whilst, on the contrary, scorbutic ulcers first attack the gums, and afterwards the throat.

Venereal ulcers frequently seize the nose, with a rottenness of the adjacent bone; but scorbutic ulcers seldom, if ever.

Venereal ulcers corrode, and form cavities; scorbutic ones shoot out spongy excrescences, or proud flesh.

Venereal pains are generally increased by the heat of the bed; whilst those of the scurvy, gout, and rheumatism are eased thereby.

Venereal pains are chiefly confined to the solid or middle part of the bones of the legs and arms; scorbutic ones to the joints, and membranous parts of the body.

Venereal pains will not yield to common medicines, but others are removed by flannel or warm weather.

If a deep-seated, violent pain has occupied the same part for a considerable time, obstinately resisting all remedies; or if the patient has been seized with a chilliness for several evenings together, succeeded by feverish heat, and sweats towards the morning, they are signs of a latent pox.

If, after chancres suddenly dry up, a bubo repelled, or gonorrhea restrained, by art or accident, the same complaints break out again, without fresh cause, then it is evident the patient is *poxed*.

Buboes, warts, chancres, or other excrescences, after an apparent cure, without intimacy with a suspected person, are signs of the strongest infection.

There are certain symptoms peculiar to women in the venereal disease, as a suppression or overflowing of the menses; scirrhus or cancer of the breast; hysteric affections; inflammations; scirrhus ulcer, or cancer of the womb. They are frequently barren; or if they bring children into the world, they are strumous, rickety, hectic, and emaciated, or perhaps half rotten.

But it is of the utmost consequence for them to distinguish a fresh venereal from the *fluor albus* or whites: for as the former is malignant and inflammatory, and the other commonly arises from weakness and relaxation, the remedies are directly contrary.

In the *fluor albus*, the discharge proceeds from the parts contiguous to the urinary passage, and continues while the menses flow.

In the *fluor albus*, the discharge is attended with pains in the loins and loss of strength, with seldom any inflammation or heat of urine, except a long continuance of the discharge, which becoming sharp, excoriates the surrounding parts. But in the gonorrhea, the discharge is preceded by inflammation, itching, and heat of urine; there is a frequent inclination to make water, and the orifice of the urinary passage becomes prominent and painful.

In the *fluor albus*, the discharge comes on more gently, and may be produced from a variety of causes, as sprains, frequent abortion, long illness, or irregularity of the menses; but in the gonorrhea it often appears suddenly, without any evident cause.

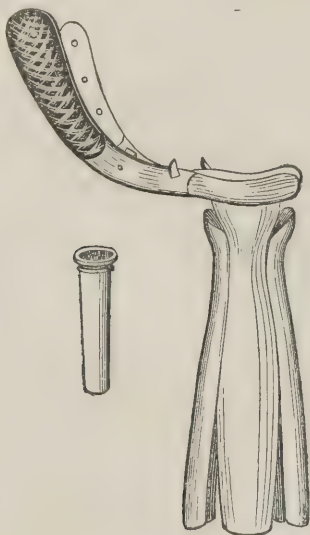
Lastly, the color of the discharge in bad habits of body, is sometimes the same, viz., yellow or greenish, but is usually more offensive, and greater in quantity; whilst that of the gonorrhea is attended with symptoms of weakness, as well as small in quantity. But if an inflammation or chancre happen to fix upon the *vagini uteri*, the question is then put out of all dispute, and the disease may safely be pronounced venereal.

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[Venereal cases are, for certain reasons, omitted in this volume. Let it suffice, that the author is perfectly convinced, by a long series of successful practice, that the foregoing are the best, the safest, and most certain remedies that can be used, for every stage and symptom of this cruel malady, which they will effectually eradicate, whilst at the same time they purify the blood, and restore the constitution.]

In concluding this chapter on venereal diseases, I beg leave to remark that, owing to the solid foundation on

which my practice stands—that of *experience*—I have not been afraid to give my treatment in full, in order that it may be compared with that of others, either in point of ease and rapidity of cure, or the certain and favorable issue which regularly attends it.



VAGINAL SPECULUM USED IN FEMALE VENEREAL COMPLAINTS.

*Concluding Remarks.*—Having concluded these most disagreeable but important details of description and treatment of venereal affections, let me, in closing, exhort all who may be afflicted with any of them, to neglect nothing in the way of their cure, in the most expeditious manner possible ; otherwise, you may find your future life one continued scene of regret and bitter lamentations, rendering yourselves wretched, and, it may be, your friends

also. When once cured, I can only say to you : *Go and sin no more*. You who are as yet intact, endeavor to remain so ; and when temptation offers, I know no better way of avoiding it than to treasure up in your memory, and employ as your safe-guard against the allurements of the harlot—"false as she is fair,"—the following sublime counsel :—

"My son, keep thy father's commandment, and forsake not the law of thy mother : bind them continually upon thine heart, and tie them about thy neck. When thou goest it shall lead thee ; when thou sleepest it shall keep thee ; and when thou awakest, it shall talk with thee. For thy commandment is a lamp ; and thy law is light ; and reproofs of instruction are the way of life : to keep thee from the evil woman, from the flattery of the tongue of a strange woman. Lust not after her beauty in thy heart ; neither let her take thee with her eyelids. For by means of a whorish woman a man is brought to a piece of bread : and the adulteress will hunt for the precious life. Can a man take fire in his bosom and not be burned ? Can one go upon hot coals, and his feet not be burned ? So he that goeth in to the fornicatress ; whosoever toucheth her shall not be innocent. Men do not despise a thief, if he steal to satisfy his soul when he is hungry ; but if he be found, he shall restore sevenfold ; he shall give all the substance of his house. But whoso committeth whoredom, lacketh understanding : he that doeth it destroyeth his own soul. A wound and dishonor shall he get ; and his reproach shall not be wiped away."



## CHAPTER XXXV.

### COMMON COLDS AND THEIR RESULTS.

By sudden transitions from heat to cold, either from changeableness of the weather, the state of the atmosphere, going immediately from a hot room into the cold air, or throwing off some part of the clothing when heated by exercise, the perspiration is very apt to become obstructed, and *colds*, *coughs*, and inflammation of the lungs, (*consumption*,) are the usual effects of such imprudent conduct. Drinking freely of cold water, or any other small liquor, *when the body is heated*, is not only very injudicious, but fraught with many ill consequences.

Some are so imprudent, or foolhardy, as to bathe themselves in cold water when the body is considerably heated by exercise, and by such conduct have been soon attacked with severe disease. In some instances death has been the consequence of such rashness, or want of due reflection. Most persons affect to despise colds; and as long as they can keep about, scorn to be "laid up" with what they call a *common cold*; hence it is that colds annually destroy such numbers of mankind. Like an enemy despised, they gather strength from our indifference of them, until at length they become so formidable as not to brook resistance, too long delayed.

*Symptoms.*—A cold, says Beach, is usually accompanied with a weight

and pain in the head, oppression at the chest, and some difficulty in breathing. a sense of fullness and stopping of the nose, watery inflamed eyes, soreness of throat, cough, pains about the chest, cold shiverings, succeeded by transient flushes of heat, pains in the neck and other parts of the body, an increased secretion of mucus from the nose, throat, and lungs, in consequence of a slight inflammation of the mucous membrane of these parts, and in many instances of some degree of fever.

*Common Cough.*—A cough is generally the effect of a cold which has been improperly treated or entirely neglected. When it proves obstinate, there is always reason to fear the consequences, as this shows a weak state of the lungs, and is often the forerunner of consumption.

TREATMENT.—1. Bathe the feet in blood-warm ley water. 2. If very severe, use the *vapor bath* as directed under that head. 3. Take an infusion or tea of common *hoarhound* and *boneset*, sweetened with honey. 4. Give a dose of physic. 5. If the cough is troublesome, particularly at night, give *syrup of poppies*.

Should the cough return after using the above means, an *emetic* may be taken, and afterward the *cough drops*; thirty drops three or four times a day to be given on loaf sugar or in sweetened water. This treatment will be found very effectual for colds or coughs, and which, if properly applied, will prevent the consumption. Also a mixture of honey, vinegar, and butter melted, and a teaspoonful taken often. The pulmonic syrup or balsam may be taken, if it be obstinate. Take half a wineglass morning, noon, and particularly at night on retiring to rest. This has cured many apparently in the consumption. *Slippery-elm bark, flaxseed, bran*, all make a good mucilaginous tea, separately or together, and promote expectoration. A little lemon juice may be added, and sweetened with loaf or other sugar.

Previous to his going to bed he had better put his feet into warm water and ley for ten or twelve minutes; and, after having them well wiped, he should take freely of *hoarhound*, and, as a change, *boneset* tea, very warm at bed-time, and cold through the day; and covering himself in bed with sufficient clothes, so as to excite a proper degree of perspiration throughout the night. The next morning he ought to continue longer in bed than usual.

On all occasions, carefully avoid sudden transitions from heat to cold, keep the body in as uniform a temperature as possible, and when it is overheated, let it cool gradually. Bathing the surface with cold *salt* water every morning, or taking the shower bath daily, are excellent preventives against the liability of taking cold.

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### *Influenza.*—(*Tussis Epidemicus*.)

Between this disorder and that of a common cold, there are but few differences, as what *may* make up the symp-

toms of the one, may also accompany the other, except that this, by attacking a great number of persons at the same time, partakes of the character of an epidemic. There is, however, generally a thin discharge from the nostrils, rheumatic pain, hoarseness, and great debility.

Influenza, or epidemic catarrh, has generally been observed to commence suddenly, with chills or shivering, alternating with flushes of heat, loss of appetite, great lassitude and debility. These symptoms are soon followed by pain and a sensation of weight in the forehead, sneezing, a copious discharge of thin acrid fluid from the nostrils, a sensation of rawness along the course of the windpipe, hoarseness, and dry cough. To these are conjoined anxiety and a feeling of oppression about the chest; pain in the back and knees, and shooting pains in different parts of the body and limbs; quick and weak pulse, and moist tongue, covered with white mucus.

The abruptness of the attack, the extraordinary debility, the severe headache, accompanied with giddiness, and the flying pains in the back, knees, and various parts of the body, distinguish this affection from common catarrh.

**TREATMENT.**—This should be precisely the same as that of a common cold; the food should be light, nourishing, and easy of digestion. The bowels should be kept regular, and the hoarseness relieved by a gargle of vinegar and cayenne.

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### *Quinsy, (or Inflammatory Sore Throat.)*

**DESCRIPTION.**—When from exposure to cold, and other causes, the perspiration is checked—particularly about the throat—the tonsils, or as they are commonly called, the almonds of the ear, or the mucous membrane lining the throat, become inflamed, and the attack which follows is termed *quinsy*, or inflammatory sore throat. It generally affects the young and sanguine, and it occurs more especially in the spring and autumn.

**Causes.**—Exposure to vicissitudes of temperature, sitting in a current of air, wet feet, wearing damp linen, going out of a heated room into the cold air, or cold and wet in whatever manner applied, are the most frequent causes of quinsy. This disorder occurs generally, in young peo-

ple, in those of full and robust habit of body, and is common in all cold and variable climates, more especially in spring and autumn. It may also arise from a disordered state of the stomach. Women are more particularly subject to it during the period of menstruation.

An inflammation of the throat is often occasioned by omitting some part of the covering usually worn about the neck. Singing or speaking loud and long, or whatever strains the throat, may also cause an inflammation of that organ. It may also proceed from pins, bones, or other sharp substances sticking in the throat; by sitting near an open window, or in a room newly plastered. This disease is sometimes epidemic and infectious, the same as mumps. General Washington is said to have died of this disease.

**TREATMENT.**—The first thing will be to prevent a putrid tendency, from excess of inflammation, in the lining of the throat; and, secondly, to keep up the *strength* of the patient as much as possible. The very *worst* thing that can be done is to bleed and administer mercury. I generally begin the treatment with a mild *emetic*, followed by a gentle aperient. When the throat is very sore and heated, the parts must be steamed with the following decoction of bitter herbs:—

Take Wormwood, Hops, Catnip, of each a handful.

Add equal parts of vinegar and water sufficient to make a strong decoction, by boiling for an hour. Put the whole into a large pitcher and cover with a tunnel, the small end of which is to be introduced into the mouth, and the warm vapor thus inhaled for twenty minutes each time, repeating this simple operation every two hours, or according to the urgency of the symptoms. After steaming, bind the herbs round the neck, changing them when cold. If a funnel is not at hand, a common tea-pot will answer every purpose, the patient inhaling the steam from the spout. The parts must then be bathed with the following stimulating embrocation, namely:—

Take Oil of Sassafras, Olive Oil, Spts. of Hartshorn, of each  $\frac{1}{2}$  ounce; add G. Camphor, 2 drams; mix.

Pour a portion of this liniment into a saucer, and let it

stand on hot ashes until it is warm, when it is to be rubbed upon the throat as warm as it can be borne. After this is over, put a piece of flannel round it, and repeat occasionally through the day. The throat is also to be frequently rinsed with the following astringent gargle :—

Take purified alum, 1 dram ; tincture of myrrh  $\frac{1}{2}$  an ounce ; water, 7 ounces ; mix.

Let this be used as often as five or six times a day.

To allay the febrile excitement, the feet must be bathed in warm rain water, to which has been added ashes or a quantity of ley, perspiration promoted by the vapor bath or warm drinks, &c. If there is great swelling of the throat, apply a poultice made of slippery-elm bark and ley.

Should the disease increase and exhibit symptoms of suppuration, so as to threaten suffocation, the tongue must be pressed down with the finger or handle of a spoon, and the swelling punctured with a gum lancet.

M. Velpeau, of Paris, highly extols the use of alum for a gargle in quinsy and all kinds of sore throat: Take alum, one ounce ; barley water, four ounces ; apply a little of the alum, pulverized, on the parts inflamed, with a little stick or brush, or the finger. Many cases are said to have been successfully cured by this simple treatment.

When there is chronic inflammation of the throat it should be sponged every morning, or oftener, with cold salt water. Lord Byron was cured of the same complaint by constantly bathing his throat with cold water. Mullen boiled in milk, and bound round the neck, is excellent.

A cold moist air continuing for some time, and suddenly succeeding a dry and warm state, is extremely prejudicial to health, which causes the fluids to circulate with less velocity, noxious humors are retained, and if not discharged by some excretions, pleurisy, quinsy, coughs, fevers, &c., are produced. The spring of 1842 was remarkable for this kind of weather, and also for the complaints above-mentioned.—Beach.

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### *Putrid Sore Throat.*

This disorder is at first very similar to the inflammatory sore throat or quinsy, but soon partakes more of the character of a contagious fever. The throat becomes of a deep, fiery-red color, interspersed with ash-colored spots, which rapidly change into ulcerations of a dark appearance. In some cases, the parts assume a whitish aspect, form a stain, which soon becomes an extensive slough.

The breathing and speaking are attended with a peculiar noise and hoarseness. It is ushered in with sickness, vomiting, looseness, and great



anxiety. The pulse in general small, quick, and fluttering. The countenance is often full and bloated, sometime pale and sunken, and the breath is intolerably offensive. The ulcers become livid or black, and sometimes gangrene to a considerable degree takes place. Putrid symptoms now appear, under which the patient sometimes sinks in a few days. In the last stage of the disease hemorrhage from the mouth, nose, and other parts take place.

**TREATMENT.**—If there is much uneasiness in the throat, begin by steaming the parts with the same decoction of herbs as mentioned in the treatment of the last disease; also use the liniment therein recommended.

When putrid ulcers appear in the throat, let it be gargled with a mixture of yeast and milk. It will also be necessary to administer antiseptic medicines; a wineglass of good yeast may be taken every two hours during the day. If the pulse is very weak, and the patient sinks, the system must be supported by stimulating cordials and restoratives. Porter and wine may occasionally be given.

Dr. Thomas, in his modern practice of physic, speaks highly of the efficacy of the following prescription, which, from subsequent experience, has been proved not to be exaggerated.

Take two tablepoonsful of cayenne pepper; salt, a teaspoonful in half a pint of boiling water, and add the same quantity of warm vinegar. Let it stand for about an hour, and strain the liquor through a fine cloth. Dose, two tablepoonsful every half hour. A plaster may be applied to the throat, made by melting equal parts of common *brown soap* and *rosin*, to be spread on thin leather or linen.

In the revolutionary war, when the putrid sore throat prevailed in the army and proved very fatal, all means to avoid it proved unavailing, till a French physician came and prescribed, when every case recovered. The treatment consisted in a gargle made as follows: Take the bark or berries of sumach, white oak bark, white or common elm bark, the common high blackberry root, of each two parts, or a handful of each; add black snake-root, half a handful. Make a strong decoction by boiling well; then strain and sweeten with honey; add a lump of alum the size of a hickory nut, and frequently apply to the parts affected. Also gargle with the same. This soon removed the mass of corruption from the mouth and throat.

In other respects, this disease is to be treated the same as quinsy, which see.

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### *The Croup.*

**DESCRIPTION.**—An inflammation of the throat, and upper part of the



wind-pipe, attended with a hoarse and ringing cough, sonorous respiration, and a sense of suffocation.

*Causes.*—Exposure to a cold damp air, the most common cause; most prevalent in spring and autumn; children between the ages of one and seven years, almost exclusively the subjects of this disease—it very rarely occurs in adults.

*Symptoms.*—The croup commonly comes on gradually: at first a hoarse cough, with slight difficulty of breathing; afterwards fever, respiration becoming more and more difficult, each *inspiration* being attended with a *peculiar ringing sound*; countenance full and flushed, during the first stage. The difficulty of breathing becomes at last exceedingly great; the head is thrown back, the mouth kept open; the eyes are prominent, and the countenance pale, livid, and expressive of great agony; the breathing becomes wheezing, in the latter period of the disease; cough sometimes attended with a rattling sound, and the expulsion of very tough mucus, resembling shreds of membrane. Insensibility and stupor generally close the scene, when the disease is improperly treated or neglected.

*TREATMENT.*—In the *early* stages of croup, a full dose of the *acid tincture of lobelia*, as an emetic, should be administered. I generally begin by giving a teaspoonful every six or eight minutes, till free vomiting takes place. This should be given just after the system has been warmed with a vapor bath. As soon as the emetic begins to operate, it should be promoted with a strong tea of sumach and bayberry—for very young children, the emetic may be mixed in the tea. The lobelia can hardly be given too freely to a child in croup; in some cases as much as a tablespoonful has been given at a time with success. In the first stage, a portion of raw cotton wet with camphor, whisky, or vinegar, may be applied to the throat; but when the disease is far advanced, a poultice should be applied, made of pulverized cayenne, lobelia, slippery-elm, wet with hot water, and applied to the throat. By having two of these poultices, and changing them as the one applied becomes cool, full benefit will be derived without exposing the parts to the air. After the removal of a poultice, the *Stimulating Liniment* should be employed to anoint the throat, as before recommended under the head of *quinsy*.

## CHAPTER XXXVI.

### WHOOPIING COUGH.

**DESCRIPTION.**—This is a contagious cough, occurring in paroxysms of a convulsive and suffocative character; breathing during fits of coughing, shrill,—the cough frequently terminating in vomiting.

**Causes.**—It is evidently produced by contagion. Its proximate or immediate cause seems to be a viscid matter or phlegm lodged about the bronchia, trachea, and fauces, which sticks so close as to be expectorated with the greatest difficulty.

**Symptoms.**—*Whooping Cough* may be divided into three stages:—1. *The forming stage*; characterized by the usual symptoms of ordinary catarrh; i. e., languor, weakness, and headache; sneezing; slight hoarseness; discharge of thin mucus from the nose; restless sleep; loss of appetite; and generally slight febrile symptoms; the cough is shrill, dry, and comes on in sudden but short paroxysms, without whooping. This stage lasts from two to three weeks. 2. *The convulsive stage*, characterized by violent paroxysms of convulsive and suffocative cough, the inspiration being difficult and violent, and attended with a sense of obstruction or spasmodic stricture of the throat. These paroxysms return at first five or six times daily, and gradually increase in frequency, so as, at last, to return almost hourly. The approach of a fit of coughing is always announced by a sense of stricture in the breast, and tickling in the larynx, and chest. The paroxysm lasts from a half to four or five minutes, and terminates by vomiting, or the discharge of a large quantity of viscid mucus from the lungs. Pain is felt in the breast, immediately after the cough. The duration of this stage is very various; in general it lasts from four to six weeks. *The stage of declension*; this stage begins when the spasmodic and suffocative character of the cough begins to abate. The declension of the disease is always very gradual; its duration is as various as that of the other stages—commonly from two to four weeks.

**TREATMENT.**—Says Dr. Thomas Andrews: “If the disease be not exasperated by any act of imprudence, no

interference of art will be required—that after having run its course it will subside.” He then gives us three or four pages, in which he prescribes a vast quantity of squills, tartar emetic, &c., so that the reader is completely bewildered with the great variety of things recommended, and all of which, it were almost superfluous to say, are worse than useless. Now, those which I have to offer will be few indeed, but they are good and efficacious, on the principle of removing the *obstruction*—the cause of the disease. Lobelia, in tincture, becomes the grand specific, judiciously administered, in this as in most of the cough diseases with which I am acquainted; and all that need be observed here, is, to treat the case of a common cold, by raising and maintaining a due degree of warmth and perspiration, and giving the tincture of lobelia according to age, and particularly the following *syrup* :

Take Colombo root; Spikenard root; Hoarhound tops; Comfrey root; Elecampane root; Blood root, of each 1 pound.

Put the ingredients into a suitable vessel and add water enough to boil them in; boil and pour off the liquid several times, until all the strength is obtained—strain. Add to the ingredients two quarts of fourth-proof cider-brandy—press and strain; add this liquor to the other strainings, and boil the whole down to about six quarts; lastly, add twelve pounds of white sugar, and boil a few minutes to form a syrup. Set it aside in a cool place to settle for about twenty-four hours, when it may be bottled for use, taking care to cork it up tight, to prevent it from spoiling. The dose is a wineglassful three times a day.

This preparation is particularly useful in the treatment of *pulmonary affections* and *coughs* of long standing. It is admirably calculated to relieve that oppressed state of the lungs which is often met with in consumption, and greatly to assist expectoration. It does not increase the

circulation, and is, therefore, a safe remedy in any stage of consumption.

The diet must be light and easy of digestion. For children, milk, good bread made into panada or pudding, chicken broth, with other light diet, are proper. Great care should also be taken to guard against the untoward influence of cold and damp air.

## CHAPTER XXXVII.

### PLEURISY.

**DESCRIPTION.**—This is an inflammation of the interior of the chest ; a painful disease of very frequent occurrence, though seldom fatal, when not complicated with other complaints.

*Symptoms.*—Pungent pain in the chest, much increased by inspiration; cough dry, or attended with a glairy and nearly colorless expectoration pulse, full and hard; difficulty of lying on one side; respiration chiefly performed by the abdominal muscles. When the inflammation extends to the substance of the lungs, there is general bloody expectoration.

*Causes.*—Sudden exposure to cold, when the body is in a state of free perspiration; atmospheric vicissitudes; shifting of gout from the outward to the inward parts; erysipelas; acute and chronic cutaneous affections; suppressed menses; rheumatism.

**TREATMENT.**—When called to visit a case of pleurisy, I immediately commence my treatment with half a table-spoonful of the sweetening drops, compounded as follows :—

Take Ipecac, 2 ounces; Saffron, 2 ounces; Camphor, 2 ounces; Virginia snake-root, 2 ounces; Opium, 2 ounces; Holland Gin, or Jamaica Spirits, 3 quarts. Let it stand two weeks, and filter

This medicine is probably unequalled for the purpose of exciting free perspiration. A dose or two, aided by warm drinks and bathing the feet in warm water, will establish a copious perspiration. The *sweat-root* of Ohio, taken in the form of tea, will, it is said, produce the same effects.

Pleurisy has also been known to yield in one night to a part of the cold water cure—that of dipping a large coarse towel in cold water, wringing it out, and binding it twice round the chest, with a dry towel over it, as snugly as may be, going to bed with this, the bottles of hot water to the feet, and a bowlful of yarrow and cayenne tea, often effectually overcomes the complaint.

*Old-school Treatment.*—Profuse *bleeding*, both from the chest and *pocket*.



## CHAPTER XXXVIII.

### OF ASTHMA.

**DESCRIPTION.**—This disease is generally unattended with fever, and is characterized by great difficulty of breathing, recurring in fits at irregular intervals, accompanied with a feeling of constriction or tightness in the breast, wheezing, and a difficult cough, terminating by the discharge of considerable mucus or phlegm. This disease more generally attacks those of a full or plethoric habit.

When there is a great discharge of mucus from the lungs it is termed *humid* ; but when it is attended with little or no expectoration, it is termed the *dry*, or spasmodic asthma. It more generally attacks men than women.

**Causes.**—Asthma is produced by intense heat, lightness of air, severe exercise, strong mental emotions, full meals, stimulating drinks, exposure to cold and atmospherical influence, and by certain effluvia, as those of hay, whether new or old, of sealing-wax, and other burning substances.

Congestions of blood, or watery humors in the lungs, noxious vapors arising from a decomposition of lead or arsenic, impure and smoky air, cold and foggy atmosphere, sudden changes of temperature, scrofulous, rheumatic, gouty, and scorbutic taints; dyspepsia, or irritation in some of the organs, suppression of long-accustomed evacuations, frequent catarrhal attacks, gout, general debility, water in the chest, aneurisms, polypi, or concretions of grumous blood in the large vessels are the causes from which this formidable disease may arise in different individuals. In some instances it proceeds from an hereditary predisposition, and in others, from malformation of the chest.

Also, by severe exercise of any kind which quickens the circulation of

the blood; an increased bulk of the stomach, either from too full a meal or from a collection of air in it; exposure to cold, obstructing the perspiration, and thereby favoring an accumulation of blood in the lungs; violent passions of the mind; disagreeable odors; and by irritations of smoke, dust, and other subtle particles floating in the air.

Asthma having once taken place, its fits are apt to return periodically, and more especially when excited by the causes mentioned.

*Symptoms.*—There is often some degree of warning given of the approach of an asthmatic paroxysm, not by pulmonary symptoms, but by those of indigestion, heartburn, wind, itching of the skin, pain over the eyes, and sleepiness. The attack most commonly occurs at night, and the patient is perhaps awakened out of his sleep by it. To those who experience or witness a paroxysm of asthma for the first time, it appears one of the most formidable diseases to which man is liable. The patient is oppressed by a tightness across the breast, which so impedes respiration as to threaten the immediate extinction of life. He starts up into an erect posture, and flies to the window for air. For a considerable time his breathing is performed by gasps, slowly and with a wheezing noise; speaking is difficult, and even painful to him; there is often present also a propensity to coughing.

**TREATMENT** —In the fit, the upright position is to be enjoined, and the windows are to be thrown up to admit plenty of fresh air into the room. The feet are also to be immersed in warm water, into which a handful of mustard flour has been mixed. At the same time an injection of flax-seed tea should be thrown up the bowels; it should consist of half a pint of tea and one ounce of olive oil. The following is to be administered internally, as soon as convenient, namely :—

Opium, 1 grain; Carbonate of Ammonia, 5 grains; Camphor  $1\frac{1}{2}$  grains; add, Mucilage of Gum, enough to form two pills.

To be given at a dose, and repeated after two hours, if the fit continues. Or the following will be found invaluable :—An infusion of sage or pennyroyal may be given at the same time as the above, to excite gentle perspiration, which means will soon afford relief.

Should the paroxysm, however, be very severe, attended with a sense of suffocation, &c., administer immediately, in a cup of warm tea, an ordinary sized tablespoonful of the tincture of lobelia, to be repeated every half hour if the first portion does not afford relief.

This medicine exerts the most astonishing effects in this complaint. It is no sooner introduced into the stomach than the tension and spasm is removed, by dislodging collections of mucus in the bronchial vessels, and thereby giving free admissions of air into the lungs; and is invariably attended with a salutary effect.

Smoking the stramonium or stink-weed leaves twice a day is very beneficial.

A friend of mine, Mr. Millet, has been severely afflicted with this complaint for many years. About a year ago he was attacked with it so severely, that he was a number of times nearly suffocated. His sufferings were awful. Several physicians considered his case hopeless. I gave my opinion, however, that he would recover, which has proved to be the case.

*Asthmatic Tincture.*—Lobelia, one handful; skunk cabbage root, a double handful; bark of root of bittersweet a double handful; stramonium leaves, about one ounce by weight; slippery-elm bark, a handful; Solomon's seal, and comfrey, of each, about one ounce; the whole covered with spirits, and digested four days. Dose, from a teaspoonful to a tablespoonful, three times a day. An infusion of the above may be made, should the spirits prove too stimulating.—DR. VERRÉ.

A cup of very strong coffee will often procure much alleviation in this complaint.

*Electro-Magnetism* has of late been employed with great success in this complaint. The electric influence must be communicated with much skill and force.

The preventive remedies are of the tonic kind. Bark, iron, tonic biters, with occasional mild aperients, moderate exercise, and above all, a light and digestible diet, with the use of the cold shower bath, are to be used during the intervals of the attacks.

## CHAPTER XXXIX.

### OF INFLAMMATION OF THE KIDNEYS.

**DESCRIPTION.**—This disease is known by the presence of fever, pain in the region of the kidneys, and shooting along the course of the ureters; drawing up of the testicles, numbness of the thigh, vomiting, urine high-colored and frequently discharged, costiveness, and colic pains. It is symptomatic of gout, calculus, &c.

**Symptoms.**—This disorder is characterized by an acute, pungent, or more frequently an obtuse or dull pain in the region of the kidneys, shooting along the course of the ureters, or ducts which convey the urine from them into the bladder; pain also in the small of the back, together with a fever, and frequent discharge of urine, which is small in quantity, red, and high-colored, yet, in the highest degree of the disease, watery and limped; the thigh feels benumbed, and there is a pain in the groin and testicle of the same side, together with a retraction. There are, moreover, continual eructations, with bilious vomitings, debility, &c.

This disease sometimes assumes a chronic form, known by heat, pain, &c.

**Causes.**—The influence of cold, mechanical injuries, irritating substances absorbed into the circulation, as turpentine and cantharides; violent exercise, as jumping, lifting heavy weights; metastasis of gout and rheumatism; *calculus concretions*.

**TREATMENT.**—In the treatment of this disease, give the diuretics recommended in inflammation of the bladder; let a loose cloth be dipped in cold water, wrung out, and folded flat and rather tight, be bound round the loins two or three times, with a *dry* bandage over it.

The first thing to accomplish then, is, to relax the system by producing

perspiration. If the pain be violent, apply over the seat of the disease the following fomentation of bitter herbs: Take hops and wormwood, equal parts; summer in vinegar and water; apply warm, and renew often.

The *diuretic drops* may be given to diminish the inflammation of the kidneys, to promote the urinary discharge, &c.; give a teaspoonful of the mucilage of gum Arabic. At the same time give through the day a decoction of marsh-mallows, parsley, mint, or slippery-elm tea; make a strong decoction, drink freely and warm. This promotes the discharge of urine, and irritation subsides.

It will be necessary, if the patient be of a costive habit, to give a purgative every day or two, according to the violence of the disease. Sometimes spasms arise from irritation of gravel passing the ureters; when this is the case, an opium pill or powders, containing two or three grains, may be administered every two hours until relief is afforded, and the patient may be put into a warm bath; this usually affords great and sudden relief; a teaspoonful or two of spirits of nitre in a gill of mint tea is very beneficial. Equal parts of spirits of mint and spirits of nitre, mixed, and given often in half tablespoonful doses are an excellent remedy.

A *strengthening* plaster will (if applied to the back) afford much relief. Also use the following invaluable compound:—

Take Spirits of Nitre, 2 ounces; Balsam of Copaiva, 1 ounce; Oil of Almonds, 2 ounces; Spirits of Turpentine, 1 ounce;—mix these together, and add one scruple of camphor.—BEACH.

A small teaspoonful of the above is to be given at a dose, either in a little mucilage of gum Arabic or herb tea, and repeated three or four times a day. These drops are administered with success in cases of scalding of urine, whether arising from venereal or other complaints. In inflammation of the kidneys they afford prompt relief.

Everything of a heating or stimulating nature is to be avoided. The food must be thin and light; as panado, Indian gruel, with mild vegetables, mint tea drank freely. Emollient and thin liquors must be plentifully drank; as pennyroyal tea, sweetened with honey, decoctions of marsh-mallow roots, and other diuretic plants, with barley, &c. Let the feet be often bathed.

## CHAPTER XL.

### OF INFLAMMATION OF THE BLADDER.

ACUTE inflammation of this organ continues from ten to twenty or thirty days, and is generally cured by a judicious course of treatment, without leaving any bad symptoms.

*Symptoms.*—Severe burning and throbbing pain, with a feeling of constriction in the hypogastric region or lower part of the belly,—pain greatly increased by pressure; constant and *ineffectual* desire to pass urine; pulse frequent, hard, and full; skin dry and hot; thirst very urgent; great restlessness; nausea and frequent vomiting; constant dropping of the urine; as the disease proceeds, swelling in the loins; rigors; cold feet and hands; delirium, &c.

*Causes.*—Mechanical irritation by the presence of foreign bodies in the bladder, as gravel and stone; retained urine; external injuries on the pelvic region; irritation from acrid substances absorbed and conveyed to the bladder, as cantharides, turpentine, &c.; shifting of rheumatism; irritating injections into the urethra; gonorrhea; suppressed perspiration, from the sudden application of cold.

*Treatment.*—We must employ similar means in this disease as in inflammation of the kidneys. The hip or warm bath may be employed morning and evening.

The diuretic drops must be given; also mint and barley tea.

Spirits of mint and spirits of nitre, equal parts, may be given every two hours, in half a tumbler of herb tea or water, as in inflammation of the kidneys.

Fomentations of bitter herbs must also be applied over the region of the bladder.

The patient should abstain from everything that is of a hot, acrid and stimulating quality, and should live on gruels and mild vegetables.

Purgatives must also be administered.

In the chronic form I have seen great benefit derived from repeated purgatives, and a poultice occasionally applied on the pubis or lower part of the bladder: take also the teas of burdock, wild carrot, wild



parsley seed, dandelion, cleavers, and pennyroyal. Diet, the same as above.

Injectations up the rectum have a highly beneficial influence over the bladder, allaying the pain and subduing the inflammatory action ; they should be composed of linseed, with half a teaspoonful macerated and strained.

## CHAPTER XLI.

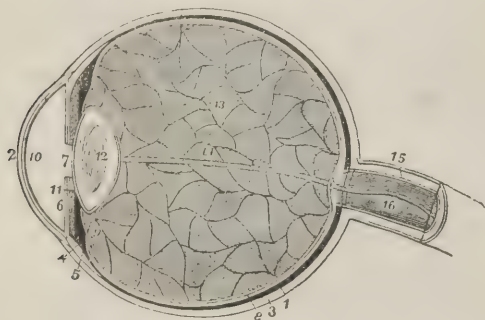
### THE EYE.—ON THE PRESERVATION OF SIGHT.

TO PREVENT BLINDNESS.—Everything which has a tendency to strain, weaken, or inflame the eyes, should be carefully guarded against. Looking too intently and intensely at minute objects, fine sewing, reading very fine print, together with too much exposure of the eyes to light and heat, all tend to injure and impair the sight.

The eyes should be frequently bathed with cold water, by dashing it upon and into them with the hands, for five or ten minutes at a time; some recommend the addition of a small quantity of white soap to the water, which I doubt not has a beneficial effect, in some cases.

Spectacles ought never to be worn until the sight has become so poor as to render their use unavoidable, as they seldom fail to injure and strain the eyes irreparably. The late John Quincy Adams, by dint of a little careful attention succeeded in preserving his sight to extreme old age, without the use of glasses. He explained to his friends that he did this by gradually diminishing the flatness of the anterior part of the globe of the eye, and upon which flatness the impairment of vision mainly depends. When this is the case, the thumb and fore finger of the right or left hand are to be gently pressed upon the eyeball, from without inwards towards the nose, and by sim-

ply manipulating a little in this way the original rotundity and prominence of the lens are thus secured.



THE EYE.

*A longitudinal section of the globe of the Eye.*—1, The sclerotic, thicker behind than in front. 2, The cornea, received within the anterior margin of the sclerotic, and connected with it by means of a beveled edge. 3, The choroid, connected anteriorly with (4) the ciliary ligament, and (5) the ciliary processes. 6, The iris. 7, The pupil. 8, The third layer of the eye, the retina terminating anteriorly by an abrupt border at the commencement of the ciliary processes. 9, The canal of Petit, which encircles the lens (12); the thin layer in front of this canal is the zonula ciliaris, a prolongation of the vascular layer of the retina of the lens. 10, The anterior chamber of the eye, containing the aqueous humor, the lining membrane by which the humor is secreted is represented in the diagram. 11, The posterior chamber. 12, The lens, more convex behind than before, and enclosed in its proper capsule. 13, The vitreous humor enclosed in the hyaloid membrane, and in cells formed in its interior by that membrane. 14, A tubular sheath of the hyaloid membrane, which serves for the passage of the artery of the capsule of the lens. 15, The neurilemma of the optic nerve. 16, The arteria centralis retinae embedded in the center of the optic nerve.

A gentleman who practices on this principle, for the purpose of curing defects of vision, thus observes:—"Sight, on this principle, may be preserved, and regained when partially lost. These principles being perfectly scientific and demonstrative, operate with mathematical certainty, in most cases; and every one is rewarded ac-

according to his works (i. e., the industry and perseverance with which he manipulates, as just mentioned). Some lay aside their spectacles in a few days; others in two or three weeks, &c. None need fear that his eyes will be in the least injured, or that the restoration will not be permanent; for if the natural sight can be restored, it certainly can be preserved; and that without extra effort, in consequence of certain wrong habits being avoided, and correct ones established. The numerous cases on hand, both of ladies and gentlemen, and multitudes of those who have had their sight restored, are sufficient evidences of the value and efficiency of these discoveries." This person states his success to have been very great in restoring the blind to sight, and in obviating long and short-sightedness, the failures having been few, and these few were supposed to be owing to organic defects.

*"Restoration of Sight by Mesmerism."*—Under this head, a writer mentions the process to be pursued in affecting the natural condition of the lens and globe of the eye. He says: "Short-sighted persons should close the eyes and press the fingers gently in an *outward* direction from the nose to the temples; those who are far-sighted should do the reverse of what I have just recommended. It is said that this plan will be certain to have the effect. Fowler, a well-known publisher and phrenologist, tells of a case in which the sight was preserved perfectly good by this means until the age of *eighty-eight*; and he further says, that the grand-daughter of the same man cured herself in a similar manner, of spontaneous weeping of the eye, and enabled herself to read fine print also, after being unable to do so for many years previously. John Quincy Adams, as above mentioned, is said to have preserved his sight in the same manner. He is reported to have told

lawyer Ford, who wore glasses, that if he would rub his eyes from the outside corners toward the nose, he would soon be enabled to dispense with his glasses ; the advice was followed, and proved perfectly successful. Those who remember Mr. Adams in private conversation, may recollect his habit, while listening, of manipulating his eyes with his fingers, by passing them gently over the surface from the external to the internal angle. The remedy is certainly worth trying.”—NEWMAN.

## CHAPTER XLII.

### ON THE EAR.—EARACHE, DEAFNESS, ETC.

**DISEASES OF THE EAR.**—A ringing in the ears is an indication of a diseased state of the nerve ; generally, it arises from some slight inflammation. The beating of adjacent arteries, in consequence of inflammation in the throat, may excite the nerve, which being incapable of transmitting any sensation but that of sound, the *ringing* is an imperfect sensation. The eye, when the optic nerve is encroached upon by inflammation of surrounding parts, or the pressure of a growing tumor, transmits the sensation of light, though the individual be in total darkness ; affections of the brain itself may remotely excite a morbid action in many or all the nerves of sense. Hence, persons dying of acute inflammatory diseases, complain of hearing loud and strange noises, although the apartment is perfectly still.

*Earache.*—Very many individuals are subject to excruciating pain of the internal ear, on taking the slightest cold, or from exposing themselves to a humid atmosphere ; and others seem to inherit the disease, which no application can remove. A peculiar irritability of the nerve that crosses the drum-head (*corda tympani*), may be one cause,—the vascular covering of which, suffering from a chronic inflammation, compresses the nerve and thus pro-



duces almost intolerable agony. Defending the external opening with cotton wool, or lint, is a common and rational defense; but the introduction of oils, spirits and the like, is often attended with pernicious consequences. Generally such cases end in deafness. Nature, to save the rest of the machine from becoming disordered, by its sympathy with the diseased member, finally destroys it, as firemen demolish contiguous buildings, to save a town, when they can no longer master a threatening conflagration.\*

*Partial Deafness, from a cold.*—Probably, in a majority of cases, partial deafness arises from a slight inflammation of the tube opening behind the palate. In consequence of this, the balance between the air in the tympanum and mouth is destroyed, and the regular vibratory function of the membrane is altered. A deafness in one ear generally depends on this cause. Deafness in fevers is an excellent symptom, and offers encouragement in the worst cases, because it is an evidence of the diminution of the morbid condition of the brain.

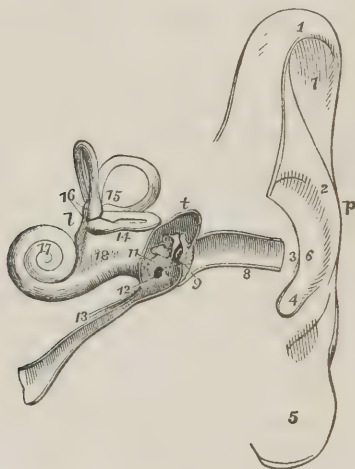
*Permanent Deafness.*—A total deafness implies a destruction of the organ: but we apprehend there are only a very few persons in this condition. Even in those unfortunate fellow-beings who are *deaf and dumb*, the faculty

\* Painful affections of the ear may be induced from habitually picking the ears.—a very pernicious practice. In India, where a class of men follow the profession of cleansing ears, cutting the nails, &c., though in that climate the secretions may be fluid, in greater abundance, and discharge freely, the plucking of the hairs and frequent introduction of *scraping* instruments render the organ irritable, and less accurate in the perception of sounds.

Tumors, ulcerations, and other troublesome complaints, are brought on by picking them. A sudden pressure on the *corda tympani*, a nerve belonging to the face, which crosses the drum head, by the head of a pin, may forever after render it liable to inflame on the slightest exposure.

Fluids ought not to be poured into the external ear to *drown* insects, as the worst consequences may ensue.

of hearing, to a certain extent, still exists. They hear the report of a cannon, or heavy thunder, which act so powerfully on the body as to rouse the sleeping energies of the nerve. In fact, the tremor is communicated through the bones of the head. Fishes, of the bony kind, have the organ of hearing acted upon in the same manner, as the nerve is completely cased up in solid bone, without either drum-head or external openings.—SMITH.



THE EAR.

*A Diagram of the Ear.*—*p*, The pinna. *t*, The tympanum. 1, The labyrinth. 1, The upper part of the helix. 2, The anti-helix. 3, The tragus. 4, The anti-tragus. 5, The lobulus. 6, The concha. 7, The upper part of the fossa innominata. 8, The meatus. 9, The membrana tympani, divided by the section. 10, The three little bones, crossing the area of the tympanum, malleus, incus, and stapes; the foot of the stapes blocks up the fenestra ovalis upon the inner wall of the tympanum. 11, The promontory. 12, The fenestra rotunda; the dark opening above the ossicula leads into the mastoid cells. 13 The eustachian tube; the little canal upon this tube contains the tensor tympani muscle in its passage to the tympanum. 14, The vestibule. 15, The three semi-circular canals, horizontal, perpendicular, and oblique. 16, The ampullæ upon the

perpendicular and horizontal canals. 17, The cochlea. 18, A depression between the convexities of the two tubuli which communicates with the tympanum and vestibule; the one is the scala tympani, terminating at 12, the other is the scala vestibuli.

**TREATMENT.**—In ordinary cases of earache the treatment consists in the frequent applications of warm fomentations of the decoction of linseed or marshmallows, and poultices of linseed meal during the night, and in filling the ear with cotton wetted with laudanum and almond oil in equal proportions. As soon as the matter which has been pent up in the cavity of the drum makes its exit, the constitutional symptoms cease, and the pain abates. All that can be done afterwards is to prevent the matter from remaining in the deep-seated cavities of the ear until it becomes acrid and irritating; to obviate this, warm water or milk and water should be frequently injected, with the intention of removing the offending matter. Cleansing the ear in this manner gives great relief to the patient, and in some cases is sufficient to allow the lining membrane of the ear to recover its natural state, but in others the discharge continues, becomes chronic, and requires astringent injections.

Sulphate of zinc, (white vitriol.) 6 grains; Rose-water, 12 ounces; mix.

Goulard's water, and Rose-water, of each half a pint; mix.

A little of either of these lotions (tepid) is to be gently injected into the ear three or four times a day, and their strength should be gradually increased.

Laudanum dropped into the ear frequently relieves *nervous earache*, and a return of the affection may be prevented by attending to the state of the bowels, and taking quinine or carbonate of iron, in small doses twice or thrice a day, during three weeks or a month.

## CHAPTER XLIII.

### ON FEVER.

When a person is attacked by shiverings or rigors, followed by a hot skin, a quick pulse, and a feeling of langor and lassitude, he is said to have an attack of fever. With such symptoms are usually present also a loss of appetite, thirst, restlessness, and diminished secretion.

*Description.*—Since *fever* is known only by the phenomena it exhibits, these phenomena may be considered as constituting the disease, or all we know of it. The course of a fever is divided by some into five stages, by others into three stages,—or the cold, hot, and sweating stages,—which latter arrangement I shall here adopt.

*Causes.*—Cold, heat, bad air, check of perspiration, fatigue; and in general, every cause capable of producing a departure from a healthy standard in the body, predisposes the system to fever.

*Symptoms.*—*1st or Cold Stage.*—There is generally a feeling of great and general fatigue, lassitude, and yawning; the skin is pale and shrunk, dry and hot, or cold by turns; the pulse is weak but rapid, and there are shiverings more or less strong; the mind is confused and inattentive, and if the attack is very violent, there is a disposition to drowsiness; urine pale and copious, or deep-colored, and small in quantity; thirst great; respiration hurried and anxious, or what is termed hard breathing: the paroxysm may last a short time only, or it may endure for several hours.

*2d or Hot Stage.*—At first there are nausea and vomiting ; skin hot and dry ; face full and flushed ; pulse full, frequent, and hard, breathing free and regular ; headache, urine high-colored and scanty.

*3d or Sweating Stage.*—Profuse perspiration ; pulse soft and moderately full ; urine copious and muddy ; a gradual abatement of all the symptoms of the previous stage, until it terminates in the state of *intermission*.

TREATMENT.—Our treatment consists in first restoring the suppressed evacuations of the body,—as the perspiration, the flow of bile, urine, &c. This is one of the most important indications of cure, upon the early attention to which depends, in a great measure, the ease and rapidity with which fever is cured, and the disease driven from the system. In every form of disease, it becomes the duty of the enlightened physician, to act in the capacity of nature's assistant—to aid her in her salutary efforts to throw off the poison with which the system is contaminated, but never to *force* or drive her, as is too generally the case, by pouring into the stomach poisonous minerals ; neither are we to weaken her endeavors by the pernicious and imbecile practice of *blood-letting*, violent vomiting, purging &c. There could not possibly be a more dangerous and absurd practice than that of bleeding, or the administration of the *poisonous minerals*, in any disease with which mankind is liable to be afflicted ; and those who are obliged, from their limited knowledge of the virtues of botanical remedies, to resort to calomel, antimony, arsenic, etc., are not worthy the name of doctors, but are arrant *quacks*. There are many of this stamp who profess to be, and do call themselves reformers ; but they are *not* reformed practitioners, nor are they recognized as such by the *intelligent* and enlightened members of the reformed

or *botanic* school. No physician who understands the true practice of medicine with botanic or vegetable remedies, will ever have occasion to resort to the use of *the poisonous* minerals in his practice. I know of *no disease* in which they are required or may not be substituted by *vegetable* preparations, and I here venture to declare, that those who cannot find sufficient medicines in the vegetable kingdom for the *cure* of most diseases of a medicable nature, possess but a limited knowledge of the art they profess to practice. And, as I have said in another part of this volume, I can cure diseases, or the great portion of them, without even the employment of medicine of any kind, scarcely, administered internally; having an admirable substitute therefor, in the use of the *electromagnetic* power, applied after my own peculiar method, which I believe to be, in many important, ay, *vital* points, entirely original with myself, and different from all others with which I am at present acquainted.

In the treatment of fever, I generally begin with an administration of an emetic of fifteen or twenty grains of pulverized ipecac, in a teacupful of warm herb tea, followed by copious draughts of the latter until gentle vomiting is excited. Emetics, when there is no tendency of blood to the head, or apoplectic symptoms, are beneficial—particularly when there is nausea—by determining the acrid humors to the surface of the body or skin, thus producing perspiration; under these circumstances, if an emetic be given in the commencement of a fever, it will sometimes cut it short at once, and restore the patient to health. Intermittent fever has sometimes been cured by the exhibition of a single emetic.

Says Sydenham, "When I have happened, sometimes, carefully to examine the matter thrown up by vomit, and found it neither consider-



able in bulk nor of any remarkable bad quality, I have been surprised how it should happen that the patient should be so much relieved thereby ; for as soon as the operation was over, the several symptoms, viz., the nausea, anxiety, restlessness, deep sighing, blackness of the tongue, &c., usually abated and went off, so as to leave the remainder of the disease tolerable." Sydenham was not aware of the sympathetic affections which takes place in the constitution, nor knew that an extremely small portion of morbid matter could produce effects so sudden and surprising from a local action, so as to derange the whole system.

Purgatives are, also, very useful when given with judgment, in febrile affections.

In fevers of almost every description, purging is not only useful, but in many cases is indispensable. There exists constantly, a want of equilibrium in the circulatory system, whenever the body is attacked with fever, and the determination, for the most part, is to the brain, the liver, the spleen or to the lungs ; and few remedies are found so effectual in restoring the want of balance as well-chosen and properly adapted aperients. Besides the determinations just mentioned, fecal matter in the bowels is constantly accumulating, which it is of much consequence to remove. Occasionally there will be a redundancy of bile, at other times a deficiency ; and we are obliged sometimes to remove the one, or to solicit the other ; and both of these ends are answered by the proper choice and exhibition of cathartics.

The following compound I generally have found about the best purgative in febrile cases, namely :—

Take of Senna,  $\frac{1}{2}$  ounce ; Epsom Salts and Manna, of each, 1 ounce ; Fennel Seed, 1 dram ; Boiling Water,  $\frac{1}{2}$  pint.

Let it stand in a covered vessel (a teapot or a pitcher), until cold,—strain. One-third may be taken for a dose, and repeated in three or four hours after, unless it has operated well. This is a mild and certain medicine, and is especially useful in *fevers*.

Bathing the whole body with warm water and soap while the patient is in bed—the nurse bathing first one side of the body with a soft sponge, rubbing it dry, and then bathing the other side, will be found very serviceable ; the patient is then to be covered up warm, and herb tea given him to drink, until free perspiration is produced. Bone-

set tea is good for this purpose. If the urine is obstructed or does not flow naturally, give a strong tea of spearmint, and let it be freely drank. If there is much pain in the head, cloths dipped in spirits and water and applied to the parts, changing frequently, with the application of bottles of hot water to the feet, will generally relieve it; mustard drafts may also be applied to the soles of the feet, and bound on.

Rest and quietude are also to be observed by the patient suffering from an attack of fever.

"The patient," says Dr. Fordyce, "is to be confined to his bed, where unnecessary exertion is avoided, and the heat is equable over the whole body. The bed-chamber is to be large, and heated, when necessary, by fuel burning in an open fire-place; or cooled by sprinkling the floor with infusions, vinegar, or distilled waters of some of the aromatic herbs."

He should lie on a *straw* mattress, as feather beds are heating, and tend to increase the fever. When thirsty, the best drink is *buttermilk*.

The sick room should be kept well ventilated, quiet and clean. Gossiping in the patient's presence is highly injudicious, and should not be allowed.

## CHAPTER XLIV.

### ERUPTIVE OR SKIN DISEASES.

#### *Small Pox.*

**DESCRIPTION.**—Small pox is divided into two varieties, the *confluent* and *distinct*. The distinctive character of the former is—pustules confluent, flattened, irregularly circumscribed, the intervening spaces being *pale*, and the fever continuing after the eruption is completed. The distinctive character of the latter is—boils distinct, elevated, distended, circular; the intervening spaces being *red*, and the fever ceasing, when the eruption is completed.

*Description of the distinct kind.*—At first aching pain in the back and lower extremities, lassitude and loss of appetite, slight chills, nausea and vomiting, with some soreness in the throat, and finally, fever. Towards the end of the third day of the fever, the eruption makes its appearance, first on the face and neck, and successively on the lower parts.

Just before the eruption appears, adults generally perspire freely, and sometimes become drowsy. Children frequently suffer convulsions at this period; the fever ceases by the fifth day. At first the eruption consists of small red spots, rising, by degrees, into pimples, then becoming vesicular on the top, with a small pit in the center, and finally about the eighth day, becoming pustular, and of a rounded shape. About this period the face and eye-lids swell, the tumefaction subsiding again about the eleventh day. The boils are at their full and perfect state on the twelfth day; from this date they begin to shrink and dry, the matter forming crusts of a brown color; in a few days more, these crusts fall off, leaving the skin underneath of a brownish red color.

The boils are surrounded by a ring of a damask-rose color. When the boils are numerous, some degree of fever occurs on the tenth or eleventh day. In these cases, there is usually some soreness of the throat, hoarseness, and a copious discharge of a thin fluid from the mouth.

*The confluent variety.*—In this variety all the above-mentioned symptoms of the early stage are severer. The accompanying fever at first synocha, then typhoid; pain in the loins, in the *forming stage* very severe; the severer this pain, the more certainly will the disease assume the confluent character. Seldom any profuse perspiration just before the appearance of the eruption, as in the distinct kind; instead of this, diarrhea often occurs at this period. Great soreness and redness of the throat, and gene-

rally a copious flow of saliva. The boils appear earlier than in the distinct kind—seldom later than the *beginning* of the third day—*very rarely* as late as the fourth or fifth day. The boils not surrounded by an inflamed margin, where they are separated—the intervening skin remaining pale and flaccid; the face is always much swollen—the swelling coming on earlier than in the distinct variety, and declining about the tenth day. The matter in the boils is *never* thick and yellow, as in the distinct variety; but of a whitish brown, and sometimes *dark color*.

About the eleventh day the boils break, and pour out a fluid which hardens into brown or black crusts. When these fall off, the skin underneath scabs, producing small and permanent depressions, or pits in the skin. The fever *does not cease* but *remits* on the appearance of the eruption, increasing again about the sixth day, and continuing throughout the whole course of the disease.

The regular course of small-pox includes, therefore, four distinct stages, viz.: 1st, The eruptive fever, including a period of from two to four days. 2d, The period of eruption of about two days' continuance. 3d, The period of maturation, or filling, which occupies about three days. 4th, The period of exsiccation, or drying of the boils, which terminates about the fifteenth day from the commencement of the disease.

*Crystalline Small Pox.*—In this variety the fluid in the boils is colorless, having no purulent appearance. The boils, though not confluent, are never surrounded by a florid ring; the swelling of the face is often suddenly transferred to the hands and feet; fever typhoid; pustules, pale or lead-colored.

Small Pox is often remarkably modified by the influence of the contagion of measles. These two diseases cannot go on at one and the same time in the same system.

The more the disease retains the distinct form, the safer. The confluent form, is always dangerous; and the danger is greater, according as the fever assumes more of a typhus character.

**TREATMENT.**—The heating plan of treatment, pursued formerly, did much injury. An antiphlogistic treatment is all-important; by moderating the eruptive fever, the eruption is rendered more scanty, and the whole disease consequently more mild. Mild cathartics, highly useful through the whole course of the eruptive fever. Violent purging improper.

The supervention of a spontaneous diarrhea, in the early stage of confluent small pox, is almost always followed by a less numerous crop of boils, and by an abatement of the febrile excitement, and of the swelling of the face and hands.

Emetics, sometimes useful in the beginning of the disease, particularly in the confluent variety.

*Cool air.*—The free admission of cool air into the apartments of small pox patients, together with the use of cooling acidulated drinks, light and cool coverings, is one of the most important improvements in medicine that has ever been made. The patient should be laid on a mattress, and the temperature of his apartment so regulated, as to communicate to him rather a sensation of coolness than warmth.

When the eruption of the confluent variety of the disease is attended by fever of a typhus grade—which is sometimes, though rarely, the case, the diet, instead of being cooling and diluent, must be stimulating and

nourishing. Wine, here, is a very useful remedy; the carbonate of ammonia also answers well. When delirium attends a weak grade of reaction in this disease, camphor is the best stimulant. Cinchona, a valuable remedy during the suppurative stage of confluent small pox, with typhoid fever. Opium, in combination with camphor, very beneficial when the pustules are slow in filling up, or the fluid in them remains watery. Warm fomentations to the feet, and cool applications to the scalp, are useful, when the brain becomes much affected. Diarrhea in the secondary fever of confluent small pox, is unfavorable, and must be checked by prepared chalk, suspended in some astringent vegetable infusion. Opium and camphor are effectual means of checking obstinate vomiting—an occurrence always dangerous in small pox. Epileptic convulsions, just before the eruption, not particularly dangerous in *distinct* small pox—more dangerous in the confluent variety.

The use of lunar caustic, as a local application to the pustules, has of late been recommended and successfully practised in France, for the purpose of lessening the number of pustules, and by so doing rendering the disease milder and less dangerous.

Cauterisation of the pustules, on the first or second day will destroy them.

This practice was fully tested some time ago, by Dr. Meyreux. According to his report, it appears, that if the variolous pustules are opened with a lancet, and touched with a pointed piece of lunar caustic, on the first or second day of their appearance, they will be wholly destroyed, and leave no marks; but on the third day, it will be quite useless.

The purgative recommended in the treatment of fever, will be found the best medicine in this disease, also.

### *Of the Measles.*

DESCRIPTION.—The disease frequently commences with the symptoms of common catarrh—namely, lassitude, slight chills, sneezing, watery and slightly red eyes, cough, and some degree of hoarseness. More commonly, however, catarrhal symptoms do not supervene, until the fever is fully developed. The fever is often mild; sometimes it is violent from the commencement. The skin is hot and dry, the tongue white and punctured with prominent red points. About the fourth day of the fever, the eruption appears, first on the face, extending gradually down over the whole body. Nausea and vomiting, and sometimes slight delirium, and even stupor in violent cases, occur shortly before the appearance of the eruption. On the sixth day, the eruption begins to fade on the face, but not on the rest of the body; but on the seventh day, it begins to become paler on the other parts, except on the backs of the hands, where it remains vivid until the eighth day. About the ninth day, the eruption presents a faint yellowish appearance, and scabbing begins on the face, which, in two days more, is completed over the whole body. Occasionally, the eruption comes out as early as the second day, and sometimes, though very rarely, as late as the seventh day. The eruption is not uniform, but forms irregular patches, approaching the semi-circular or crescent shape.

Commonly, the face swells considerably during the height of the erup-



tion. The fever does not abate on the appearance of the eruption, but, on the contrary, increases. The catarrhal symptoms, also, increase in violence. Diarrhea often comes on about the time the eruption declines, which, when not excessive, is favorable. The fever almost always declines with the scabbing; in some instances, however, though rarely, it continues and even becomes more alarming after this period. There is a very strong tendency to pectoral inflammation in this disease. Pneumonia and croup, most apt to occur about the time the eruption begins to decline. Ear-ache, inflammation and swelling of the eye lids; swelling of the glands about the neck; tumid lip, serous discharges from behind the ears, and tedious suppurations, are among the results of the disease. These consequences are generally the result of improper management—particularly of incautious exposure to cold and damp air, and sometimes of constitutional predisposition. In children of an irritable habit of body, and disordered bowels, the breathing becomes sometimes much oppressed and anxious, although no pectoral inflammation exist.

**TREATMENT.**—Very little remedial treatment is required in mild and regular cases. Gentle aperients, and tepid diluent drinks, are in general sufficient. When the eruptive fever is very moderate, the mildly stimulating diaphoretic ptisans are serviceable—such as infusion of sage, marjoram, balm, &c.

In instances where the eruptive fever is imperfectly developed, in consequence of great internal venous congestion—a condition characterized by a feeble pulse, pale countenance, and general depression of the vital energies—it is necessary to resort to the warm bath, stimulating frictions, and the internal use of warm and gently stimulating drinks. A weak solution of carbonate of ammonia, is an excellent article in such cases.

Profuse diarrhea and vomiting, about the time the rash is appearing, is apt to check the progress of the eruption, or cause its total disappearance—the face becoming pale, the breathing oppressed, the pulse feeble, with stupor, or constant disposition to syncope. Here opium, alone or with camphor, is a valuable remedy.

Emetics particularly useful, when bronchitis occurs, or when the air passages are loaded with phlegm.—**ARMSTRONG.**

The air of the apartment in which the patient lies, should be kept at a temperature, ranging from 65° to 70°. Great care required during convalescence, to avoid exposure to variable, cold, and damp weather.

### *Scarlet Fever.*

**DESCRIPTION.**—Of this disease, there are three varieties, namely, *simple fever*, *fever with sore throat*, and *malignant fever*. Of the first or mildest form:

About forty-eight hours after the commencement of the fever, a scarlet eruption appears, first on the face, then on the neck, trunk, and finally over the whole body. This eruption consists of innumerable little pimples running into each other; it is sometimes uniformly diffused, at others it appears in large blotches; pressure with the finger, causes a



momentary disappearance of the redness. *Second form.*—Soreness in the throat is now generally felt, soon after the fever is developed. The skin, during the eruptive stage, is dry, rough, and hot; the face flushed; tongue white, with a streak of red round the edges; entire loss of appetite; bowels costive. About the fourth or fifth day, the fever and the eruption begin to decline, and in two days more disappear altogether; the skin generally scabs after the eruption has disappeared. Eruptive fever more violent than in the preceding variety. The *third* or *malignant form* commences like the former varieties. Eruption at first, pale, assuming afterwards a dark or livid red color; very variable in its duration and time of appearance. Heat of the skin variable, and seldom great. Pulse, at first, active, soon becoming small and feeble. Delirium is an early symptom. Eyes dull and heavy, and cheeks livid. Grayish ulcers soon visible on the almonds of the ears—becoming finally covered with dark scabs. Throat clogged with viscid phlegm, impeding respiration. A thin acrid fluid discharged from the nostrils, in the advanced period of violent cases.

**TREATMENT.**—Emetics are of great benefit in the forming stage, particularly of the anginose and malignant varieties. Gentle purgatives, and the warm bath strongly impregnated with salt, are also decidedly beneficial in this stage. During the stage of excitement of the mild variety of the disease, purgatives, tepid affusions, cooling drinks, ventilation, a light diet, with rest, are in general all that is required. The daily employment of mild laxatives, and the careful avoidance of exposure to cold and damp air, is the best mode of preventing the dropsical swellings, so apt to occur during convalescence. In the stage of excitement, cold affusions are highly useful. Cold affusions and purgatives most beneficial, when used concomitantly, particularly during the *first three* days of the stage of excitement.—ARMSTRONG.

After the *third* day, the affusions should be tepid unless the general excitement and heat of the skin still remain very considerable. The skin must be above the natural temperature, and dry, to justify the use of cold affusions. When inflammation of the bowels exists, with an active pulse, the application of emollient cataplasms over the inflamed organ, will be proper. To cleanse the ulcers in the fauces, and expel the viscid matter lodged there, emetics are often decidedly useful; gargles, acidulated with alum, are beneficial. Moderate portions of wine, and the milder tonics, useful during the stage of collapse and convalescence.

When the disease assumes the congestive character—that is, when, instead of manifest fever, the face remains pale, the skin cool, the intellectual functions blunted, with great anxiety and difficult breathing; the warm saline bath, followed by stimulating frictions, and the application of bottles or bladders filled with hot water, together with the free use of warm diaphoretic ptisans, such as infusions of catnip, balm, or eupatorium perfoliatum, are the remedies to be particularly relied on. Having established a general febrile reaction, by the means just mentioned, recourse should be had to the milder stimulating remedies, such as infusion of serpentaria, wine whey, and, as the disease advances, and the signs of prostration become more prominent, carbonate of ammonia, wine, camphor, and opium. Capsicum, an excellent medicine in the stage of prostration, both as a gargle, and as an internal remedy:—

Two tablespoonsful of red pepper, and two teaspoonsful of table salt.

are to be beat into a paste, on which half a pint of boiling water is to be poured, and strained off when cold. An equal quantity of very sharp vinegar being added to this infusion, a tablespoonful of the mixture every hour, is a proper dose for an adult. Mr. Stephens asserts, that he gave it in four hundred cases, many of which it cured, after they had assumed the most alarming state. I have, in a few instances, employed this remedy with signal advantage.

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### *Scald Head.*

This disease consists in numbers of little ulcers in the skin of the head, which breaking, pour out a humor that dries into a white, brittle scab, the result of chronic inflammation of the scalp.

TREATMENT.—I generally prescribe internally *cream of sulphur* and molasses, a teaspoonful daily, for a week or ten days. For a wash, the following is a very favorite application :—

Take, Liver of Sulphur, 3 drams ; Spanish Soap, 1 do. ; Lime Water, 8 ounces ; Rectified Spirits of Wine, 10 drams.

These ingredients are to be mixed and melted together, and applied to the affected parts night and morning. The hair should be shaved off as clean as possible, and the head kept perfectly clean by frequent washing with castile soap and water, each time before applying the above ; an oil-skin cap over all is a proper application, and bathing with salt and water has been practiced with much success.

## CHAPTER XLV.

### INFLAMMATION OF THE BRAIN.

AN inflammation of the brain may be known by violent fever, intense, deep-seated headache, redness and swelling of the face and eyes, intolerance of light and noise, constant watching, and furious and impetuous delirium ; the pulse is quick, hard and small ; tongue black and dry ; urine thin and watery : sometimes we have suppression of urine, sudden startings, grinding of the teeth, picking the bed clothes, trembling, twitching of the limbs, and convulsions.

TREATMENT.—This consists in the application of cold water to the head, or of an evaporative lotion composed of equal parts of spirits and water ; a mustard plaster should be placed between the shoulders or over the stomach, and drafts applied to the soles of the feet, bottles of hot water, &c. The compound tea of salts and senna, to purge somewhat freely, should be given, and the head must be supported by plenty of pillows when the patient is in bed. If the nose-bleed or hemorrhoids supervene, the discharge of blood from them should be encouraged by the application of warm water to the parts.

The diet must be cooling and light, and every species of irritation avoided.

## CHAPTER XLVI.

### OF PALSY (PARALYSIS).

PALSY is a diminution or privation of the power of voluntary motion in certain parts of the body. When all those parts below the head are attacked, it is called *Paraplegia* ; when it is confined to a few muscles, or some particular limb, *Paralysis* ; and when it attacks the whole of the muscles on one side, it is named *Hemiplegia*. This last is the most common occurrence, and is usually introduced by an apoplectic paroxysm or fit ; hence there appears to be a considerable affinity between the two diseases, and the same causes seem to give rise to both.

TREATMENT.—When palsy depends on compression, the cure must proceed on the plan pointed out under the article *Apoplexy* ; when the affection is partial, or continues after the compression is removed, it is to be attempted by emetics, the application of *Electro-Magnetic Electricity* ; warm attenuating and stimulating medicines may be given, as castor, valerian or nerve powder, alkalies, preparations of iron (particularly the carbonate of iron) ; together with the free use of ginger, mustard and horseradish ; dry frictions with coarse cloths or flannels, the flesh-brush, &c., are of much service : and the part, as well as that portion of the spine from whence the

nerve serving it issues, may be frequently rubbed with mustard, tincture of cantharides, liniment of ammonia, or other warm stimulating embrocations. It is in this and kindred diseases that we meet with the greatest success in our application of *electro-magnetic* electricity.

## CHAPTER XLVII.

### EPILEPSY OR “FALLING SICKNESS.”

THE attacks of this disease sometimes come on without any warning ; but generally the patient has notice of their approach ; the pulse becomes languid, the countenance pale, unusual drowsiness and stupor precede them, and often a sensation as if a stream of cold air was ascending from the lower parts of the body toward the head ; at length the patient loses suddenly all sense and voluntary motion, and is thrown with convulsions to the ground, with gnashing of the teeth, frothing at the mouth, which becomes variously distorted, while the muscles of the lower jaw are also affected and contracted with considerable force ; when the violence of the paroxysm is over, the person remains for some time without motion, is in a state of insensibility, and has much the appearance of a person in a sound sleep. These are the circumstances that especially mark the disease ; but the symptoms are generally well known, rendering a further description superfluous.

TREATMENT.—If the disease arises from a plethoric or full condition of the system, this must be obviated by exercise and abstinence ; should this be neglected, the recurrence of the paroxysms must be watched and prevented by the employment of active purgatives, as jalap, may-apple, &c. ; it is seldom, however, that this state of the



system prevails, a state of *debility* commonly being present, which requires warm, nervous, and stimulating remedies,—as castor, valerian, sinapisms, and the like.

The following draught I find very useful to prevent an epileptic fit :—

Take infusion of Valerian, 2 drams ; fetid Spirits of Ammonia,  $\frac{1}{2}$  do. ; tincture of Castor,  $\frac{1}{2}$  do. ; mix.

Take the whole at once, and repeat two or three times a day, a short time before an anticipated attack. In many cases where debility prevails, nothing answers better than cold bathing, and the use of tonics internally,—for instance the following will be found valuable.

*Compound Infusion of Gentian.*

Take of bruised Gentian,  $\frac{1}{2}$  ounce ; dried Orange peel, 1 dram ; Coriander, bruised, 1 do. ; Spirits, 4 ounces ; cold Water, 12 do. ; mix.

Let it stand for twelve hours, and strain. Dose, two table-spoonsful three times a day. This is an excellent tonic, and may be used in all cases of debility. It is also excellent to correct acid secretions. Or the following will be found highly efficient :—

Take of Wormwood, 1 handful ; Valerian root, (English) 1 ounce ; Gentian root, 1 ounce ; Peruvian bark  $\frac{1}{2}$  do. ; Scullcap,\* 1 do. ; mix.

Simmer the whole, covered with two quarts of water, for two hours ; strain, and administer from half to a wine-glassful four times a day.

When the disease depends on irritability rather than plethora, opium, or the *tincture* of this substance (*laudanum*), may be successfully employed, conjoined with ether, or other anti-spasmodic, namely :—

Take of Hoffman's Anodyne, 3 drams ; Tincture of Opium,  $1\frac{1}{2}$  do. ; Cinnamon Water, 6 ounces. Mix.

Dose, a table-spoonful every one or two hours. The fits

\* Mayroot, or skunk cabbage.

of epilepsy may often be prevented by introducing, on their approach, some hard substance between the teeth so as to keep the jaws extended, or prevent them from closing. But, in *all* cases where I am called to treat this disorder, and the patient is averse to taking medicine, I invariably resort to my grand remedy—the *Electro-Magnetic* power, which soon cuts short the fit, and preventing a recurrence, the cure, permanent and radical, is speedily effected. Let all who doubt, give it a trial.

## CHAPTER XLVIII.

### NEURALGIA (TIC DOULOUREUX).

TIC DOULOUREUX is the term usually applied to a painful affection of certain nerves of the face. It may be seated in one of the temples, at the side of the nose, under the eye, or in the gums ; sometimes the pain attacks one side of the head and face, and may extend to the eye or ear. But although this affection is for the most part confined to the face, it may nevertheless attack the extremities or limbs, the female breasts, the liver, the womb, or any other internal organ, and has in many instances been known to follow diseases of the skin. The patient describes the pain as being lancinating, stabbing, sudden, and excruciating. In severe cases, the pain is increased by the slightest touch, shaking of the room, or even by blowing upon the part, or by the least bodily exertion ; and when constant, delirium is sometimes the consequence : yet it appears to have very little effect in abridging the period of life.

TREATMENT.—Of late years the remedy which has been principally relied upon in the treatment of this distressing complaint, is the *prepared rust of iron*, in doses of from a scruple to a dram three times a day ; but it must not be forgotten that this, or any other preparation

of iron, will be more likely to do harm than good, if the patient be of a robust habit of body, and full-blooded or plethoric. *Quinine* is, perhaps, more beneficial than any other *medicine*, when there is a weak habit of body and general debility, or when the attack comes on at regular intervals; in which case, the dose is from one to five grains, three times daily.

Cutting out portions of the affected nerves (a very painful operation) has been tried in many cases, but in general this operation is only followed by a temporary beneficial effect. "A grain of the extract of stramonium, given every two or four hours, will often cure an attack of neuralgia, but will cease to be efficacious when it has been employed to relieve several successive attacks, and the system has become more or less accustomed to its use."

The *Electro-Magnetic Electricity* is far superior to all other outward applications for the cure of this disease; and when judiciously employed, it will seldom or never disappoint the expectations of the most sanguine, with regard to its curative properties, which are very many and great.

When other remedies have been found of no avail, most persons seek relief from the use of opium, or the salts of morphine, but though these, and other narcotic remedies, such as the extracts of belladonna, hemlock, henbane, &c., produce the effect of palliating the disease, they seldom succeed in removing it entirely. The pain is often greatly relieved for a time, by the application of a *belladonna plaster* over the part affected; and the same effect is frequently produced by rubbing in the *ointment of veratria*, which is prepared by mixing from ten to forty grains of veratria with an ounce of lard.

I have sometimes succeeded in entirely abating the pain attendant upon this disease by administering to the patient from one to two teaspoonsful of the ammoniated tincture of valerian, diluted in a wineglassful of water. If the first dose has failed to soothe, the second has usually succeeded. This should follow the first after an interval of an hour or two.

## CHAPTER XLIX.

### GIDDINESS, OR VERTIGO.

WHEN vertigo or dizziness proceeds from plethora, the feet should be immediately immersed in warm water and mustard, for half an hour, at the same time that cold applications are made to the head, or spirits and cold water, equal parts, or cold water alone, in which cloths are to be dipped and laid to the parts, changing and renewing often. If the complaint originates in a foul stomach, an emetic of twenty or fifteen grains of ipecac, in warm tea or water, will be proper ; also, after its operation, a gentle cathartic may be administered ; the following is very good for this purpose, namely :

Take Extract of Licorice,  $\frac{1}{2}$  ounce ; Subcarbonate of potassa, 2 scruples ; Powdered aloes, 1 dram ; Powdered Myrrh, 1 dram ; Saffron, 1 dram ; Water, 1 pint.

Boil until the water is nearly half evaporated ; strain, and add four ounces of the compound tincture of cardamoms ; dose—one to four tablepoonsful.

If the affection be of *nervous* origin, tonics, antispasmodics, and bitters, will be the proper remedies to prescribe, namely :

Take of Sulphate of Iron, 2 parts ; Aloes, 2 parts ; Aromatic Powder, 6 parts ; Conserve of Roses, 8 parts. Mix.

Divide into 5-grain pills, the size of a large pea. Dose, one to three. An excellent tonic :

Take of Aniseed Water, 2 ounces ; Ammoniated Tincture of Valerian,  $\frac{1}{2}$  dram ; Spirits of Sulphuric Ether, 1 dram. Mix.

Dose, one half at a time, and repeat two or three times a day. A fine antispasmodic:

Take of Willow Bark, 1 ounce · Water, 1 pint. .

Boil for ten minutes, and strain. Dose, four tablespoonsful four times a day, or oftener. This is an excellent substitute for Peruvian bark, and is thought by many to be very little inferior to it. It makes one of the best bitters with which I am acquainted.



## CHAPTER L.

### TETANUS OR LOCK-JAW.

THIS serious malady is characterized by a painful stiffness and contraction of the muscles, commencing with those in the back of the neck, and root of the tongue, producing difficulty or total interruption of swallowing, and pulling the head strongly backwards, while a closing of the teeth or *locked jaw* takes place. At length all the muscles along the spine become affected, and at the height of the disease all the muscles of flexion and extension are seized with spasms, inducing a painful contraction or inward pulling under the breast bone, together with distortion of the face and rigidity of all parts of the body, while the faculties of the mind and sensation generally remain unimpaired to the last. It is more frequent in hot climates, and is said to be endemic among the negroes in South Carolina.

This disease may be produced by lacerating wounds of the nerves, or exposure to wet and cold when the body has been overheated. The complaint has been divided into three or four varieties, without, however, presenting any practical advantages whatever; consequently I shall not trespass on the reader's attention, or the limits of this work, by enumerating them.

TREATMENT.—The principal remedy in this complaint

is *opium*, in large doses, frequently repeated, conjoined, if thought necessary, with musk, camphor, or other antispasmodics. The legs and feet should be often immersed in very *warm* water; and as obstinate costiveness commonly prevails, this condition of the bowels should be obviated or removed by purgatives or aperients, and clysters. *Electro-Magnetic electricity* is here of immense value, *judiciously employed*, otherwise it is a useless, if not a hazardous remedy. Throwing cold water over the body may also be had recourse to, frequently repeated, wrapping the patient up in blankets immediately after, and administering a sudorific, combined with an opiate.

In every case of lock-jaw opium is necessary, and it may be given in very large doses, and frequently repeated, should the attack be at all violent, which is unfortunately generally the case. The narcotic powers of opium in this complaint are less observable than in any other; when the power of swallowing is interrupted, it may be introduced up the anus, or fundament, with advantage.

Should the disease be overcome at last (a rare issue), we prescribe bark or other tonic, with a restorative diet.

I will now give the formulas to be employed in this complaint, in the order in which they are to be administered; and first—

Take of purified Opium, 20 grains; make into ten pills.

Dose, one or two according to circumstances (by the anus double the dose), and repeated if necessary. Second—

Take Peruvian Bark, powdered,  $\frac{1}{2}$  ounce; Lemon juice, 2 drams; Port Wine, 4 ounces. Mix.

Dose, a wineglassful every two hours, or during the intermissions of the fits. Third—

Take of Carbonate of Magnesia, 2 scruples ; Aniseed Water,  $2\frac{1}{2}$  ounces ; Compound Spirits of Sulphuric Ether, 2 drams ; Tincture of Castor, 2 drams ; Oil of Aniseed, 8 drops. Mix.

Take one-half for a dose. To be taken immediately preceding the attack.

If the teeth become firmly *set*, no time should be lost in dashing *cold* water on the face of the patient, having a stick of gum elastic or a piece of soft wood ready to place between the jaws the moment the mouth is opened by the convulsive effort produced by the cold dash ; this precautionary step will enable liquid food to be swallowed, and thus prevent starvation.

## CHAPTER LI.

### HYDROPHOBIA, OR CANINE MADNESS.

HYDROPHOBIA, in the human species, is invariably the result of a specific poison or virus received from the bite of an animal laboring under this disease.

Majendie, in his remarks on canine madness, has the following:—"Formerly, when an individual was seized with this terrific affection, the mode of treatment was thus—and indeed these charitable plans were employed at no very distant period from our own:—The wretched victim was either stifled between two mattresses or bled from the four limbs, and allowed to perish from the loss of blood; or he was put into a sack, and thrown, sack and all, into a river. These methods of treatment, originally adopted from ignorance, were continued up to our own time, with the most culpable indifference."

This disease first approaches with langor and anxiety, disturbed sleep, frightful dreams, startings, spasms, sighing, and a propensity to solitude: at length, pains begin to shoot from the bitten part up to the throat, with a sensation of choking, and a horror indescribable at the sight or sound of water, or other *liquids*; frequently, a vomiting of bilious matter takes place, with fever, heat, watching, tremors, and sometimes *priapism*; the tongue becomes dry, and often rolls out of the mouth, hoarse voice and great thirst; to these succeed foaming at the mouth,

a desire to bite, sinking of the pulse, hurried respiration, cold clammy sweats, convulsions—death.

TREATMENT.—The wound—according to all experience—should be immediately enlarged, or the part cut out (while the patient is under the influence of a *judiciously administered dose* of chloroform;) afterwards apply a cupping glass with scarification; then let the parts be well cauterized, washing the wound daily with salt, vinegar and water, and dress night and morning with yellow resin ointment. Give an emetic occasionally, also a purgative. This course may be pursued even after symptoms of the disease have presented themselves, and then giving large doses of musk, opium, and camphor; together with a frequent application to the throat, of a liniment composed of tincture of opium, camphor, and olive oil, each equal parts. Cold bathing, particularly in the sea, has been found of singular efficacy when duly persevered in.

*New Remedy for Hydrophobia.*—It is proposed by a scientific gentleman, who has tested the practice to his entire satisfaction, to administer minute doses of the *hydrophobic virus*, to persons bitten by rabid animals. I really do not see why hydrophobine should not be as good an antidote for this poison, as the virus of small pox is for the prevention or amelioration of this dangerous affection—both diseases being caused by a specific virus or poison. We copy from the *New York Sunday Times*, a very interesting article on this subject, from the gentleman above mentioned:—

NEW-YORK, April 14, 1850.

*To the Editor of the Sunday Times:*

SIR—The second number of “Curiosities of Medical Science,” published in your paper, has, among other merits, the essential one of truth, and I perused it with more than ordinary satisfaction. What the writer says about hydrophobia has particularly attracted my notice. Being a native of the Ukraine, where, owing to the numerous flocks and dogs to guard them, this terrible disease is quite frequent, and where the preventive pus-

tule system was first discovered, and is now generally practised, I have naturally paid much attention to it, and can assert with perfect confidence, that hydrophobia once developed has never been cured. There is but one remedy, which, by strong analogies, recommends itself so much beyond all other specifics that have ever been tried, that not to employ it, and, still worse, to refuse to it all chance of being employed, argues a disregard of life, and a deliberate sacrifice of lives to a mere pride of opinion, and is nothing less than murder on the part of those whose duty, on the contrary, it is to save their fellow-creatures. This remedy is a preparation of the virus of hydrophobia, and is sold in the homeopathic pharmacies of the city, under the name of hydrophobine, enough of which for a shilling may be obtained to supply the whole State of New York. I have the utmost confidence it, and the reasons why I have it, you will find at the end of a small work which I published some time ago, and a copy I beg you herewith to accept. For years have I labored to make this remedy known to all. I have even advertised it in most of the papers at my own expense, but all in vain! No physician in New York can be ignorant of this, and yet no physician has yet condescended to try it, although case after case has occurred with its usual fatal termination. What makes this dereliction of duty on the part of physicians more detestable and absolutely horrible, is their conviction that they have no power of cure, and that they prefer, at the same time, to try such remedies as are no remedies at all, having failed of effect in every case to which they were applied. Under these circumstances, I entreat you and your able correspondent to take up the cause of humanity and do all you can, and by your means and example to leave physicians no excuse of ignorance; and finally, to compel them to make an experiment, which I am almost certain will succeed, and which has, at least, the recommendation of not having failed.

AUTHOR OF "HOMEOPATHIA EXPLAINED."

EDITORIAL REMARKS:—The antidote for hydrophobia so strongly recommended by our distinguished correspondent is worthy of a trial, and no prejudice of one school of medicine against another should prevent it. It is not strictly homeopathic, but something more, and has received the appellation of isopathic. Homeopathia claims to cure diseases, by giving medicines which will produce similar ones—isopathia, by giving those which will produce the same. The isopathic remedy for hydrophobia, then, is to give a minute dose of the very virus of a mad dog. Experiment is yet to test the correctness of the reasoning that points to this remedy; and, if it seems a desperate one, no case can be more desperate than that for which it is recommended.

Might not the experiment be tried on animals? Every year, hundreds of dogs are killed as a measure of precaution. Every day, hundreds of animals are slaughtered for the gratification of our appetites. Surely we may sacrifice a few to the cause of humanity and science. During the coming summer, let a few dogs and other animals be exposed to the hydrophobia, and then let this and other remedies be tried. If they fail, an anxious question will have been decided—if any of them succeed, the world will have one horror the less. Will not our correspondent himself try such an experiment?

And, we may add, will not every humane physician *do the same?*



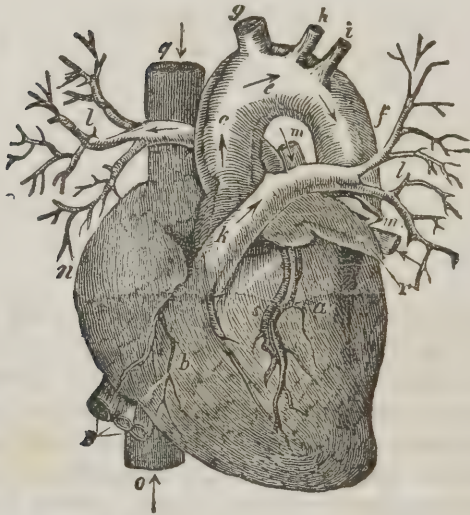
## CHAPTER LII.

### PALPITATION OF THE HEART.

THIS is generally nothing more than a symptom of disease—though treated by the *licensed-to-kill* as a disease, for which they bleed, blister, salivate, and torture the patient into consumption and death. Though a very distressing symptom, it always depends upon other organic or functional disturbance, such as indigestion, consumption, liver complaint, or upon general nervous debility; and I have always, says Stevens, found it easy to cure in prescribing for one of these disorders—relief being immediately given when the perfect equilibrium of circulation is restored.

TREATMENT.—Nervines and warm baths will generally effect a cure in a very short time. If plethora or an aneurism be the cause, low diet, purgatives, moderate exercise in the fresh air; but if it proceeds from relaxation or debility, give bark and other *tonics*, mentioned in the *Appendix*. If from irritability, administer anti-spasmodics; if from gout or asthma, sinapisms, antispasmodics, and the warm foot-bath. Palpitation, as just mentioned, may depend on a variety of other causes, which, when known, will point out the appropriate remedies.

[See Plate, page 386.]



THE HEART AND GREAT BLOOD VESSELS.

*Explanation of the Plate.*

*a*, the left ventricle ; *b*, the right ventricle ; *c e f*, the aorta, the great artery that goes off from the left ventricle ; *g h i*, the arteries that are sent from the arch of the aorta ; *k*, the pulmonary artery, that goes from the right ventricle to the lungs ; *l l*, branches of the pulmonary artery, going to the two sides of the lungs ; *m m*, the pulmonary veins, which bring the blood back from the lungs to the left side of the heart ; *n*, the right auricle ; *o*, the ascending vena cava ; *q*, the descending : these two meet, and by their union form the right auricle ; *p*, the veins from the liver, spleen, and bowels ; *s*, the left coronary artery, one of the arteries which nourish the heart.

## CHAPTER LIII.

### SORE AND INFLAMED EYES.

THE eye is subject to a great variety of affections, and to several forms of inflammatory disease ; it will, however, be necessary for us to mention only the most common disorders. These are acute and chronic inflammations of the eye, purulent inflammation, and finally the low or scrofulous inflammation. And first, of

*Acute Inflammation.*—Acute ophthalmia is easily recognized by the following symptoms. Pain in the globe of the eye, with a sensation of sand or small particles between the eye-lids ; redness of the white of the eye, which is often of a bright scarlet color, but occasionally presents a dull red tinge ; headache, uneasiness on exposure to light ; discharge of tears or of mucous fluid from the membrane which covers the eye and eye-lid, &c. This is by far the most common disease of the eye in grown-up persons, and is generally caused by exposure of the face to cold and wet, by accidents, &c. The seat of this inflammation is the *conjunctiva*, or fine lining membrane of the eye-ball and eye-lids, which is continued over these parts from the skin.

Ophthalmia is often a mild disease, and easily checked by remedies ; but sometimes the inflammation of the eye runs high, and continues for several days or weeks ; hence a very great variety in the duration or degree of this affection in different cases. When the inflammation has been neglected from the commencement, or improperly treated, many bad effects are apt to follow. Thus the lining membrane of the eye-lids, (particularly the upper one,) may become rough, and by rubbing on the cornea, occasion a dullness of that part, which materially interferes with the clearness of sight. In other cases, when the deep-seated parts of the eye are affected, the inflammation extends to the cornea, an ulcer forms and heals up, leaving a dull spot, like a little cloud, behind it ; or matter may form in the substance of the cornea, and the destruction of the internal parts go on until the eye-ball burst, the humors of the eye are discharged, and the power of vision is more or less destroyed.

TREATMENT.—Acute ophthalmia is a purely inflammatory affection,

which generally yields easily to proper remedies. In the *first form* of this disease, if the pain, redness, and febrile symptoms be severe, it may be necessary to apply *leeches* to the temples, but in a very great majority of cases, the following local treatment will be sufficient to relieve the symptoms, and speedily bring about a cure. Four grains of *nitrate of silver* (*lunar caustic*) are to be dissolved in an ounce of spring water or in rose-water; and a drop of this solution is to be applied two or three times a day, by means of a camel's-hair brush, to the surface of the eye. By this application the symptoms are usually relieved for a few hours, when they return again, and are again assuaged by the same means. During the day the following tepid eye-wash should be constantly applied over the eye-lids, by means of some lint or linen rag, completely covered by a piece of oiled silk.

Corrosive Sublimate, 1 grain; Muriate of Ammonia, 6 grains; Wine of Opium, 2 drams; Water, 8 ounces.

Corrosive Sublimate,  $\frac{1}{2}$  grain; Vinous tincture of Opium, 1 dram; Rose-water, 4 ounces.

Or instead of lotions, the eye-ball may be frequently syringed with a weak solution of *alum*, (two grains to the ounce,) or *vinegar* and water; at night the edges of the eye-lids are to be smeared with a small portion of *citrine ointment*, or the following *red precipitate ointment*.

Red Precipitate, 12 grains; Fresh butter, (that is, butter not salted,) 1 ounce. Reduce the precipitate to a very fine powder, and mix it carefully with the butter.

At the commencement of the disease the bowels should be cleared out by two or three active purges; and, during the treatment, an occasional dose of *Epsom salts*, with the *liquor of the acetate of ammonia*, should be given, so as to produce two evacuations, at least, every day.

*Chronic Inflammation*.—It often happens that after the acute symptoms have been subdued, the disease continues in a milder, yet obstinate form; this is termed *chronic ophthalmia*. The remedies most suited for this condition of the eye, are astringent or stimulating lotions, gentle purgatives, and when the constitution is weakened, mild tonic medicines. Various astringent lotions may be employed; the *wine of opium*, either pure, or reduced by adding one dram of water to two drams of the wine, is very generally used. The following lotions may also be used with advantage.

Powdered Alum, 2, to 4 or 6 grains: Water, 1 ounce

Sulphate of Zinc, 2 grains; Solution of Acetate of Lead, 4 drops; Camphorated Spirits of Wine, 12 drops; Water, 1 ounce; mix. To be applied frequently to the eyes, by means of a syringe, or linen rag, dipped in the lotion.

During the treatment of chronic ophthalmia, the bowels are to be kept open by gentle laxatives, such as Epsom salts, occasional doses of rhubarb, with carbonate of potass, (five grains,) and when the tongue is foul, and the digestive organs deranged, it will be useful to administer, occasionally, an emetic of *ipecacuanha*, (twenty to thirty grains.)

## CHAPTER LIV.

### BURNS AND SCALDS.

To prevent blisters from rising, apply linseed oil mixed with camphorated spirits; if they rise, they must be opened, and dressed with simple salve; to prevent inflammation, purgatives, as salts and senna, must be administered: afterwards, ten or twenty drops of laudanum will be necessary to prevent pain and irritative fever. Good effects are also produced by washing the parts with a solution of acetate of lead in vinegar and water. When the burns are considerable, the parts should be defended by soft rags besmeared with spermaceti ointment. Raw cotton saturated in olive oil, is also a good application. But the simplest and best remedy, as far as my experience goes, is raw scraped potato poultice, applied to the parts and often renewed.

#### *Acetate of Lead Lotion*

Take White Vitriol, 6 grains; Sugar of Lead, 6 do.; Water, 4 ounces. Mix.

It should be filtered before using. This is generally considered superior to the sugar of lead wash. Cloths dipped in the above may be applied to the parts.

*Remedy for a Burn.*—Take of Fir Balsam a tablespoonful, more or less, and double the quantity of Sweet Oil. Let this be spread on a piece of soft linen, and apply to a burn or scald, where the skin is off. It will generally effect a speedy cure. All other applications will bear no comparison with this method of treatment.—STEVENS.

## CHAPTER LV.

### CHILBLAINS.

THESE are small shining tumors on the fingers, toes or heels, at first of a whitish color, and afterwards livid or blue, with violent itching, considerable pain and sometimes ulceration. When they break in the heels they are called *kibes*. They are generally occasioned by the sudden application of heat after the parts have been long exposed to wet and cold.

TREATMENT.—Cover with flannels, and if they are not broken, bathe them with spirits of camphor or oil of turpentine. If they break, they should be dressed with warm poultices, and afterwards with the following ointment :—

Take Sugar of Lead, powdered, 1 scruple ; Simple Ointment, 7 drams. Mix them thoroughly in a mortar. Excellent.



## CHAPTER LVI.

### BLEEDING FROM THE NOSE.

THIS is by far the most common, and entirely the least dangerous hemorrhage. In general it is slight and frequently advantageous to the individual, and is injurious only when it continues too long or recurs too frequently.

*Causes.*—Bleeding from the nose occurs most frequently in young people with an excess of blood, and in females with suppressed menstruation. The causes which commonly produce it are those which determine the blood too strongly to the head, such as exposure to heat, too full living, excess in drinking intoxicating liquors or strong coffee; long-continued study, anger, or any violent mental excitement, long watching, constipation of the bowels, and suppression of the discharge from piles. It is also caused by wearing the neck-cloth or stays too tight, blows on the nose, &c. It comes on from scurvy, in consequence of the blood losing its natural consistence, and also during typhus fever, and sometimes from disease of the heart and liver.

*Treatment.*—In the majority of cases, bleeding from the nose is salutary. If it go on to such an extent (which it seldom does) as to cause paleness of the face, sickness at stomach, and a sensation as if the patient were about to faint, it then becomes necessary to use means to arrest its progress.

The individual should be exposed to cool air, and his head should not hang over the basin which receives the blood, but must be kept raised. Pieces of linen dipped in vinegar and water or ice are to be applied over the forehead and temples and round the nose; nor should the popular remedy be forgotten of placing a large key or piece of cold metal between the clothes and the back. If the bleeding still continue, vinegar and water or iced water should be applied frequently over the head, and the feet and hands placed in warm water containing powdered mustard. Bleeding from the nose seldom resists this treatment, but in the event of its doing so, we have still other means in reserve.

Powdered gum arabic blown into the nostrils by means of a quill will sometimes stop the hemorrhage when everything else fails. When clotted blood begins to form in the nostrils it should be disturbed as little as possible.

## CHAPTER LVII.

### FRACTURES OF THE BONES.

ALTHOUGH the bones are almost insensible to pain when in a sound state, yet when they are fractured, the slightest motion of the fractured extremities is attended with acute suffering. This has the effect of securing repose and quietude, without which the process of recovery would be prevented, and an exact reunion of the broken part could not be accomplished. In ordinary cases of fracture, nature sets up no greater action than is necessary for the reparation of the injury; if the bones be properly set, and kept in their natural position by the judicious use of splints and bandages, the limb being retained in a suitable posture, little or no pain or inflammation will occur. We shall now proceed to notice the methods of treating the fractures which are of the most frequent occurrence.

Simple fractures may be easily cured by any one possessed of common sense and a gentle hand. Yet from ignorance of a few simple rules, the patient's friends are often unable to afford him any relief, the future usefulness of the limb is impaired, and permanent deformity is frequently the result. In more complicated cases, where the bones are crushed, and the soft parts bruised and lacerated, or the fractured extremities of the bones protruded through the skin, all the skill of the experienced surgeon is required to restore the injured parts. Yet the following hints, for the management of simple fractures, may be of service when the aid of the surgeon cannot be obtained.

*Fractures of the thigh bone.*—The bone is generally broken about the middle, or towards the lower extremity; the fracture is often transverse, but more frequently oblique. The patient experiences severe pain at the moment of the accident, and is unable to move the limb; the foot is turned outwards from the weight of the limb; and the thigh is more or less shortened, according to the degree of obliquity of the fracture, the lower end of the bone being almost invariably drawn behind the upper one, which remains stationary; thus the ends of the fracture ride over each other. If the bone be broken directly across, there can be no shortening of the limb, unless the upper end of the fracture ride over the lower, which rarely happens.

The first thing to be done is to prepare a long splint, which may be made of a piece of firm deal board, of a degree of thickness sufficient to prevent it from being bent, or easily broken. It must be long enough

to extend from a little above the false ribs to three or four inches beyond the sole of the foot, and should decline gradually in breadth, so that the breadth shall correspond to the dimensions of the limb. At the lower end two deep notches are to be made for the attachment of the bandages, and the upper end is to be perforated by two holes for the same purpose. The patient having been placed on a smooth and firm bed (a hair mattress is generally preferred,) his limb is to be covered with a common bandage or roller, from the toes to near the knee. This is done merely to prevent the leg from swelling, which would otherwise happen from the pressure that must necessarily be made higher up. The operator should now gradually draw out the fractured member, while an assistant keeps the upper part of the thigh firmly fixed until the limb is of the same length and direction with the sound one. The long splint, well padded with proper cushions, in order to prevent the skin from being injured, is then to be applied, and attached to the limb by means of a roller, which is to be passed round both, from above the knee down to the foot, and having been turned round the ankle is to be passed through the notches, so as to be firmly fastened to the end of the splint; the foot is thus effectually prevented from changing its position. A broad bandage is now to be applied round the lower part of the body, so as to fix the upper extremity of the splint, thence down over the groin, and continued downwards, still involving both the limb and splint, until it reach the bandage first applied. The splint being now firmly attached along the whole length of the limb, we are next to fasten a broad bandage round the lower part of the waist, in order to bind it to the trunk of the body. Next pass a handkerchief or shawl over the groin and buttock, and securing its ends through the holes at the top of the splint. By tightening the handkerchief or whatever bandage may be employed, we of course extend the limb, and, this must be done frequently, in order to preserve it of the proper length. It will be advisable to reapply the bandages twice or thrice in the course of the cure, which generally takes place in about six weeks; but the patient must be careful not to rest his whole weight upon the limb till three months have elapsed, because the osseous substance, by which the ends of the bones are united, is for a long time tender, and might be readily broken again. To prevent the skin from being injured, it will be necessary to pay particular attention in adjusting the cushions about the ankle and at the groin, where the bandage which passes up between the thighs, must necessarily cause considerable pressure.

## CHAPTER LVIII.

### ACIDITY IN THE STOMACH.

**CAUSES.**—A frequent complaint among children, often arising from too much or improper food.

**Symptoms.**—Crying, restlessness, drawing up of the legs, eructations, vomiting, hiccough, green stools, &c.

**TREATMENT.**—Purge with the following :—

Take of Tincture of Rhubarb and Senna  $\frac{1}{2}$  an ounce to 1 ounce, for a dose.

It is very useful when a warm aperient is required, as in *gout* in the stomach, or other violent pain in the same part without inflammation. It should be added to double the quantity of warm water.

Take of Sublimed Sulphur,  $\frac{1}{2}$  an ounce ; Confection of Senna, 12 drams. Simple syrup, enough to make the whole into a soft mass. Dose, a teaspoonful of it night and morning in *piles*.

Then give small doses of either crab's claws, oyster shells, magnesia, &c.

## CHAPTER LIX.

### FEVER AND AGUE. OR INTERMITTENT FEVER.

EACH paroxysm or fit of intermittent fever has three well-marked stages, a *cold*, a *hot*, and a *sweating stage*.

The *cold stage* is ushered in by the following train of symptoms: languor, listlessness, general uneasiness, with depression of spirits, aversion to food, a feeling of soreness on the back and extremities. The face and extremities then become pale, and a cold sensation is felt in the back and loins, gradually extending over the whole body, until decided shivering takes place; the lips and nails assume a livid hue, the teeth chatter, the skin presents the appearance of what is vulgarly called goose's skin, respiration becomes oppressed, the pulse is weak, the mouth and throat dry, all the secretions are diminished, and the patient sometimes vomits.

The *hot stage*.—After a longer or shorter duration, the shaking gradually goes off, the heat of the body returning, until it goes far beyond the natural standard. The skin then becomes dry, the face flushed, the pulse full and hard, the tongue furred, and the breathing, which was considerably affected during the cold stage, becomes easier. There is great thirst, severe headache and restlessness. The urine, which in the first stage was pale, is now high-colored, the sensibility, previously more obtuse than natural, is now increased, the eyes have a bright and glistening appearance, and sometimes delirium comes on.

The *sweating stage*.—The hot stage having continued an indefinite time, a slight degree of moisture is at length observed on the forehead and neck; this gradually extends to the trunk and extremities, and terminates in profuse perspiration, which relieves the patient from his suffering. He is left, it is true, with a feeling of fatigue; but the appetite returns, all the secretions again become natural, and he is able to follow his usual occupation until the commencement of another fit.

*Causes*.—The exciting or specific cause of ague, is undoubtedly *malaria*, or the exhalation from decaying vegetable matter. In some parts of Italy, during the excessive heat of summer, the *malaria* becomes so noxious, that it causes ague of a pernicious or malignant character, the patient sometimes being carried off in the second or third fit. The most deleterious effects of *malaria*, whether derived from decaying vegetable matter or not, can only be manifested under a high temperature; it then acquires a virulence truly extraordinary.

Ague is certainly very apt to relapse, and slight causes, such as exposure to cold and moisture, errors in diet, certain winds, such as the north-east,

&c., will bring it back after an absence of months, or even years. Individuals whose general health is not good, are more liable to be acted on by *malaria* than those in robust health. Poor diet, fatigue, debauchery, or any other debilitating cause, by enfeebling the powers of life, predispose the body strongly to ague, when exposed to the influence of *malaria*.

**TREATMENT.**—In the treatment of ague, we have two objects in view, the one to alleviate and shorten the fits, the other to prevent their return.

*Treatment during the fit.*—In the *cold stage* it will readily occur to every one to cover the patient with blankets or other warm clothing, and to administer warm drinks. Wine and spirits in any form are to be avoided, because they are of little or no use in modifying or relieving this stage, and they certainly render the hot stage more severe, particularly if the ague be complicated with any affection of the stomach, liver, or spleen, and they are still more likely to be injurious when there is determination of blood to the head; this is beyond a doubt, and the patient's request therefore ought not to be complied with when he asks, which he is very likely to do, for hot negus, or hot spirits and water.

Laudanum is often given at the commencement of this stage, with the effect of shortening it, and rendering the whole paroxysm milder, but the dose should be large, at least sixty drops mixed with a little warm water; for females or individuals of delicate constitution, a smaller dose, twenty, thirty, or forty drops will be sufficient, but it ought to be avoided altogether, if there be much congestion in the blood-vessels of the head, or if the patient is aware that laudanum disagrees with him, in consequence of some peculiarity of his system.

*Hot stage.*—In this stage neither blood-letting nor laudanum should be had recourse to; the former is dangerous, and the latter is more likely to do harm than good. The quantity of bed clothes is to be diminished, and the patient should be allowed to drink freely of cold water or cold acidulated liquids, such as cream of tartar, or tamarind beverage, with the addition of twenty or thirty grains of purified nitre. The cream of tartar beverage is made in the following manner:—

To 3 pints of boiling Water, add 4 ounces of refined Sugar,  $\frac{1}{2}$  an ounce of Cream of Tartar, and 3 drams of Orange-peel, or an Orange cut in slices.

*Sweating stage.*—In this stage medicine is not requisite. We have merely to take care that the body is not chilled when the patient's clothes are being changed.

*Treatment during the intermission.*—It is only during the intervals or periods between the fits, that we can expect to effect a cure. We then have recourse to Peruvian bark, or the sulphate of quinine, which are possessed of almost a specific property in preventing the return of the fits, and may be considered as our sheet anchor in all the forms of ague. The dose of bark in powder, is from a dram to two drams every three or four hours, so as to allow nearly two ounces to be taken during each intermission. The concentrated form of sulphate of quinine is much preferable and should be given in the following manner:—

Sulphate of Quinine, 24 grains; Extract of Gentian, a sufficient quantity to make a mass to be formed into twelve pills.



One pill may be given three or four times a day, commencing immediately after the sweating stage, or two grains of quinine may be given in place of each pill, in a little port wine and water, care being taken to continue this medicine for some time after the disease appears cured. The power possessed by quinine in overcoming ague is truly extraordinary, and must ever be considered as one of the most curious facts in medicine. It does not, however, produce the desired effect in all cases, and, when it fails, we have reason to suspect that the ague is kept up by some organic derangement of the bowels, lungs, liver, spleen, &c. If there be disease of any organ, it is aggravated during the fit, in consequence of the increased determination of blood to the part, causing congestion; and, during the intermission, the affected organ keeps up constantly a greater or less degree of irritation in the system, and thereby prevents the quinine acting as it otherwise would do.

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## CHAPTER LX.

### AMAUROSIS OR GUTTA SERENA.—(BLINDNESS.)

By this term is meant a complete or partial loss of sight, resulting from an affection of the part or parts of the brain connected with the nerves of the eye, or from palsy or atrophy of the optic nerve and its expansion in the bottom of the eye, called the *retina*.

This disease may be easily known by the pupil being in general dilated and motionless, while the globe of the eye retains its transparency. There is also in most cases a slight appearance of squinting.

Amaurosis is rarely met with alone, being either complicated with or caused by some other disorder. It may commence suddenly, the patient being struck with blindness of one or both eyes, but in general it comes on gradually. It begins either in one eye, which is usually the case, or may attack both at once.

When Amaurosis is commencing, the patient fancies he sees a variety of minute objects intervening between his eyes and the object at which he is looking. They assume the appearance of insects' wings or little pieces of net-work or gauze, or present a circular or serpentine form, and are sometimes like bits of cobweb; he tries to get rid of them by rubbing his eyes, but in spite of all his efforts continues to see them moving rapidly before him in whatever direction he turns. The symptoms go on increasing until at length the patient can see nothing but an obscure cloud or haze, with occasional flashes of light or other luminous appearances. The patient at any period of the disease may be troubled with severe

headache and giddiness, but no regular train of symptoms can be pointed out, since the disorder depends on so many different causes, several of which may be acting at the same time.

If the individual be young and the Amaurosis has come on suddenly, the pupil not much dilated and remaining to a certain extent moveable, a cure may be effected.

TREATMENT.—In directing the treatment of Amaurosis, all that can reasonably be done is to give a few general rules for well-marked cases; this disease being usually so complicated, that each case requires its own particular treatment.

Low diet must be strictly enjoined, and the patient should be directed to bathe his eyes frequently with cold water, and to use the shower bath, or sponge his head night and morning with cold water; and afterwards one, two, or three pills of the *compound extract of colocynth* every other night at bedtime; the greatest care must be taken to prevent irritation of the eyes by exposure to strong light.

*Electro-Magnetic Electricity* is an invaluable remedy in this disease. The following eye-water is also good:—

Take Brandy and Water, equal parts: apply often.

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## CHAPTER LXI.

### THE “BABY JUMPER.”

CARRYING children in the arms or in a carriage, has but little to recommend it, except that it affords them fresh air. Sometimes, in fact, it may even be worse than useless, from the cramped condition into which the unhappy infant is too often distorted by a nurse who may be ignorant, indifferent, or *fatigued*.

This difficulty appears to be, in a great measure, removed by the inventive genius of Mr. G. W. Tuttle of this city, who has contrived an article that is already coming into considerable use, known as a “Baby

Jumper," or an "Elastic Infant Gymnasium." It consists of straps of strong gum elastic, which serve as springs, concealed from the sight by a sheath made of any kind of cloth that taste or fancy may suggest. From these straps is dependent a double cord, which is joined to four other cords that diverge at equal distances apart, and are attached to a neatly covered iron hoop. Four other cords are suspended from the hoop, slightly converging, and are made fast, two in front of the shoulders, and two behind them, to a loose frock opening before, and without sleeves. From the waist of the frock behind, a broad well-padded band passes downwards and then under the child, when it divides into two and the pieces rise between the legs, and are fastened, with buttons, one on either side of the waist in front. A very comfortable and secure saddle is thus made on which the infant rides. When placed in the "Jumper," which may be done in a moment, there is no drawing or pressure on the body or the arms—no part is constrained, the form is kept erect, and most of the muscles may be thrown into action at the will and pleasure of the child. By shortening or lengthening the cord, the weight of the infant and the elasticity of the springs may be so graduated to each other, that the child just comes to the floor with its toes. When it does this, it instantly bounds upward

## THE "BABY JUMPER."



Baby jumper with the frock open.



Baby jumper with the child in it.

like an Indian rubber ball; and such actions and counteractions will go on as long as the child continues to make any exertion. The "jumper" should be secured to the ceiling by a *screw* hook of sufficient size to sustain the weight of the child, without danger of drawing out.

This simple apparatus, the general appearance of which may be seen by referring to the accompanying cuts, seems fully to accomplish the purpose for which it was designed. Its advantages are indeed manifold. It furnishes the infant with recreation, exercise, and amusement, all of which contribute greatly to the improvement of its health, strength, and the equanimity of its temper. The danger of deformities by injuries done to the limbs or the spine, from accidental twists or falls, when carried, is quite obviated by this little contrivance. It is perfectly safe to the child, and relieves the mother or hired nurse of much labor that she otherwise is obliged to undergo in the nursery.

We would suggest that the "jumper" might be rendered more useful than it already is, if, instead of being suspended from the ceiling, it were suspended from a kind of crane, made to traverse the whole or part of a circle. It might be constructed by a strong upright shaft, firmly set to the floor, with a horizontal pole of tough, elastic wood, gradually tapering to its extremity, hung high upon it by means of a couple of large hinges, one of which should be connected with a brace that the pole would require, to give it substantial support. Persons living in secluded parts of the country, where the "jumper" could not be procured, might carry this idea further, and, by adding a suspensory apparatus of home manufacture, which a little labor and ingenuity could soon produce, would be in possession of a very good substitute.

Such a moveable pole added to the "jumper," would only be serviceable after the child had been old enough to bear its own weight with but little support. The springs should then be so adjusted that they would allow the child to maintain some footing on the floor. In this manner, while it was getting stronger exercise, it would also more readily learn to walk.—IMRAY, *Am. Ed.*

## CHAPTER LXII.

### FOREIGN SUBSTANCES IN THE RECTUM.

“FOREIGN bodies,” says Bushe, “are frequently found in the rectum, and may be divided into two classes, viz. : Those which are generated in consequence of diseased action of the digestive organs, and those which are either swallowed, or introduced through the anus. The former embrace bilary, intestinal and fecal concretions ; while the latter include pins, nails, fruit-stones, coins, small bones, &c., taken in by the mouth ; or pieces of wood, cork, meat, bone, horn, ivory and metal, pots, cups, bottles, ferules, rings, and the like, forced into the anus, either completely or incompletely, sometimes by the individual himself, with a view to obviate costiveness, or in consequence of a perverted imagination ; but more commonly by wicked persons, who generally take advantage of their intended victim. This list of foreign bodies may at first sight appear very odd, but every article mentioned has, according to the testimony of the best authors, been extracted from the rectum.”

For the edification of the reader, I here give the following interesting illustrations from the excellent work of the late Dr. George Bushe on Diseases of the Rectum. Coming, as they do, through so respectable an author, their authenticity may be relied upon.



Mareschal relates the case of a woman, aged forty-five, who had for fifteen years been subject to colic, and for the last ten to great difficulty in passing her stools. When he passed his finger into the rectum, as high as possible, he felt a concretion, which he was only able to extract with a lithotomy forceps, after having dilated the anus with a knife in many points of its circumference. The concretion was oval, like a watch crystal, on one surface, and flattened on the other, so as to lead to the belief that it was formed in one of the cells of the colon or cross-gut. Its weight was two ounces, two grains and a half; its great diameter, two inches and over, while its smaller was nearer two inches; finally, its circumference was eight inches. Hevin records a case, which was related to him by a surgeon of Saint Lo, in which a bone that had been arrested in the throat, was forced by a probang into the stomach. While there it caused great pain, and also in its course through the intestines, which occupied about a month. The patient, who had for years been subject to the piles, at this time found the irritation at the anus much increased; he therefore consulted this surgeon, who, in place of piles, found a bone, one extremity of which had pierced the rectum, the flesh, and even the skin, the body being within the intestine, while some other points were engaged in the mucous membrane lining the gut. To extract it, the surgeon was obliged to make a small incision in the walls of the rectum. All the bad symptoms subsided, and the patient was well in eighteen days. Saviard was called to see a case supposed to be fistula. He, however, on introducing his finger up the rectum, perceived a bone, which he endeavored to extract with a forceps, but in vain, for it was engaged by its extremities in the folds of the rectum. He was obliged to divide the intestine in the place where this body was fixed, after which he easily removed it. The patient now got well. Saucerotte withdrew a piece of wood, three inches in length and two in width, with a corkscrew, which he inserted into the wood, while he steadied it with the fore-finger of his left hand. Buchman performed a similar operation with a gimlet.

Nolet, surgeon to the King of France, and Marine Hospital at Brest, relates the following curious case:—

A monk, wishing to get rid of a violent colic, introduced into the rectum a bottle of Hungary water, (these bottles are generally long,) through the cork of which he had made a small opening to permit the fluid to flow into the intestine. In his anxiety to perform the operation well, he pushed the bottle so far that it completely entered into the gut. He could neither go to stool nor receive a lavement. A *sage femme* failed to insert her hand; the forceps and speculum were tried in vain; however, a boy, from eight to nine years of age, succeeded in introducing his hand and removed the bottle. Dessault, in endeavoring to extract a porcelain jelly pot of a conical form, and about three inches in length, which had been introduced for eight days, placed on two opposite points of its diameter two strong pincers, which, however, fractured it, so that he was compelled to extract the broken pieces in succession. Though Dessault succeeded in accomplishing this safely, he might have experienced much more difficulty and the patient been in more danger, had it been glass, for, in such a case, the contraction of the muscular and folding of the mucous coat would have more influence in entangling the fragments, because of their greater smallness, sharpness, and consequently, more irritating character; circumstances which could not fail to produce extensive injury of the intestine. The



result, therefore, of this case, ought not to encourage those, possessing less tact than one of the greatest modern surgeons, to adopt an expedient which he could not avoid.

Morand reports the two following cases:—A man about sixty, presented himself at the Hospital de la Charité, complaining that a pipe of a syringe had entered his rectum, and he could not discharge it. Gerard introduced his finger and felt a foreign body, which he removed with a lithotomy forceps. It proved to be a large knitting sheath of boxwood about half a foot long. A weaver, about sixty years old, who, for a long time had suffered from constipation, having heard vaguely of the efficacy of suppositories in children, introduced a shuttle furnished with its roll of yarn into the rectum. After five days, being unable to withdraw it, he presented himself at the Hotel Dieu, for assistance; when surgeon Bonhomme extracted it with a lithotomy forceps, aided with his finger. By injections, fomentations, &c., he was completely cured in twenty days.

Hevin relates the two following cases: M. Quisnay pushed a bone, that was arrested in the throat, into the stomach. Afterwards, the body presented itself near the orifice of the rectum. The patient, tormented with pain, called on Quesnay, who introduced his finger into the anus, and found the bone placed obliquely across the gut, with its lower end fixed into the sides. He passed his finger along up and introduced a forceps upon it, and seizing the bone at its upper end, lifted it up, thus engaging its inferior extremity. He then grasped it lower down, and removed it without difficulty or pain. Faget was called to see a man who complained of severe pain in the fundament and bladder, with retention of urine. On examination of the rectum, he found a foreign body situated transversely, and fixed firmly into the intestine. He introduced a forceps, seized and easily withdrew this body, which proved to be a mutton bone, about as thick as a quill, seventeen lines long, and sharp at both ends. The patient had swallowed it eight days previously.

Méckerem mentions a case, in which the jaw bone of a turbot of great length was arrested in the rectum. The patient thought that the local pain, fever and constipation, depended upon piles. This surgeon could not discover any trace of inflammation however; he prescribed leeches, anodynes, liniments, injections, and emollient cataplasms. The apothecary in administering a lavement, discovered that the pipe of the syringe struck against a foreign body. Méckerem being informed of this, introduced his finger into the anus, and discovered a bone placed across the rectum, with its ends fixed in the sides of the intestine. He extracted it with his fingers, the process being both difficult and painful. After its extraction, the pain and fever subsided, and by means of detersive injections, the patient soon recovered. This body had caused much pain in its passage through the intestinal canal. The patient recollected that he had swallowed it eight days previously.

Thiandrière details the case of a man aged twenty-two, who, with a view to overcome costiveness, introduced a forked stick into the rectum. This stick was five inches long, one prong was an inch and a half longer than the other, and they were separated to the extent of two inches, each prong being about four lines in diameter, and the stem formed by their union, half an inch. He inserted the long stem first, and when the short prong had entered the bowel, he endeavored, by dragging on the long one,

to force out the indurated feces. In this ingenious essay, it is unnecessary to say that he failed completely; the pain being very severe, he ceased his manipulations, and finding it impossible to withdraw the fork, he forced the long fork completely within the anus, with the extraordinary idea that it would be consumed with the food. Fearful to divulge the nature of his case, he bore his sufferings in solitude and despair, until the abdominal pain and difficulty in urinating, led him to seek the aid of Thiandrière, who, in making an examination, soon discovered the foreign body, but it was so high up that he could scarcely touch it. He endeavored, but in vain, to extract it with a forceps passed through a speculum. The happy idea then struck him of introducing his hand, which, after having washed out the rectum, he insinuated finger by finger. Conducted by the long branch, he succeeded in reaching the bifurcation of the stick, and disengaged it with difficulty from a fold of the mucous membrane, in which it had become entangled, then compressing the prongs together, he safely removed it.

Méckirem, in his work just quoted, mentions a case which occurred to a surgeon, in which the jaw-bone of a fish was situated across the rectum. This surgeon cut it across with a scissors, and then extracted the two portions with ease. A case is also related in which a similar course was pursued for the extraction of the jaw-bone of a dog.

Marochetti mentions an uncommon case, of which the following is an outline. Some vicious students of Goettingen, introduced into the rectum of an unfortunate woman, all, save the small extremity of a pig's tail, from which they had cut enough of the bristles to render it as rough as possible. Various attempts were made to extract it, but in vain. Marochetti being consulted, adopted a very simple and ingenious procedure, which consisted in securing its lower end with a strong waxed thread, and slipping over it into the rectum a canula, prepared for the purpose. He thus defended the bowel from the effects of the bristles, and easily removed it. Moreau mentions the case of a woman, aged thirty-five, who, for a long time, but particularly for four years, had labored under a sensation of considerable weight in the fundament. Her complexion was pale and at times yellow; she was subject to frequent attacks of colic, and her stomach was so weak that it scarcely retained any nourishment. Her efforts to evacuate the bowels were sometimes so considerable, that they were followed by convulsions, and cold perspiration. So much did she dread these efforts, that she resisted the calls of nature, and consequently, seldom had a motion oftener than once in fifteen days, or three weeks, when she moderated the violence of the bearing-down pains, and facilitated the issue of the feces, by resting the fundament on a round stick. On examining the rectum, he perceived a solid body, apparently of large volume. He injected almond oil into the intestine, and then introduced a lithotomy forceps, with which he seized the concretion, but in extracting it broke; however, the fragments were easily removed. This concretion was the size of a large pippin.

Zacutus Lusitanus, records a case in which a leech, about to be applied to a pile, made its way into the rectum. He injected onion juice into the gut, and the leech was soon discharged, almost dead. He recommends injections of ox-gall, or castor, in similar cases. A solution of salt injected up the bowel is very efficacious in this accident.

During each of the operations alluded to in the foregoing cases, the patient should be placed in the same position as for lithotomy ; and with moderate ingenuity on the part of the surgeon, he will be able, with the proper instruments, under almost any circumstances, to clear the rectum of foreign substances.



# THE TRUE GUIDE TO HEALTH.

## PART II.

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### CHAPTER I.

#### ON ONANISM, OR SELF-ABUSE.

“To the ~~PURE~~ all things are pure.”

“You think 'tis nothing!—'tis a crime, believe!  
A crime so great you scarcely can conceive.”

MARTIAL.

“No theological influence,” observes Fontaine, “has been found sufficient to check the horrid vice of Onanism, or self-pollution; no faith in religion; no exhortations to vice; no threatenings of future retribution. In religious seminaries, in convents and monasteries, in nunneries and in the bosom of the church, it has too often developed itself, and committed its most terrible ravages.” It is our lot, the province of the physiologist and the physician, to give with effect a scientific and familiar dissertation on the train of evils which are produced by the various conditions of venereal excess. We shall do this to the best of our knowledge and abilities, and then will follow a few prescriptions of medical treatment for the afflicted of both sexes, who are the victims of these irregularities. A timely remedy, applied with skill and properly persevered in, can alone save the unhappy votary of this deplorable and raging vice from misery, agony, and despair; and

this, being the consequence of sinning against nature, is a just punishment assigned by Providence to this foul offense.

Among the evils of life, there is not one to be more dreaded than the habit of masturbation or self-abuse. It destroys the strongest constitution, it lays the finest intellect in ruins. Yet in spite of all this havoc, of this terrible picture, of these awful examples, how many of the youth of both sexes, and often those supposed by society to be the most pure, most correct, most virtuous, are plunging themselves deeper and deeper into the vortex of this secret sin. Their exhausted strength and broken down system, and their self-delusions unfit them for the enjoyments of a pure, lawful love, and destroy their generative powers, thus trampling upon the Divine will, the dictates of a rational conscience, and making themselves suicides and murderers of the human race.

The semen is the seed or prolific liquor of animals, secreted in the testicles, and carried through the seminal vessels into the ejaculatory ducts to be emitted, *sub coitu* into the female vagina, and there, by virtue of its ethereal principles, to penetrate and impregnate the little egg in its ovary.

In castrated animals, and in eunuchs, the seminal vessels are small and contracted; and a little watery liquor, but no semen is found in them. The semen is detained for some time in these vessels, and rendered thicker from the continual absorption of its very thin part by the absorbents of the lymphatic vessels. In lascivious men, the semen is sometimes, though rarely, propelled by nocturnal pollution from the *vesiculæ seminalis*, through the ejaculatory ducts, which arise from the vesicula seminalis, perforate the urethra or water-passage transversely, and



open themselves by narrow and highly nervous mouths into the uthera, and from it to some distance. But in chaste men, the greatest part is again gradually absorbed and conciliates strength to the body. The smell of the semen of quadrupeds, when at heat, is so penetrating as to render their flesh fetid and useless for food, unless castrated. Thus the flesh of the stag, before coition, is unfit to eat. The taste of this fluid is insipid and somewhat acid or acrid. In the testicles its consistence is thin and diluted, but in the seminal ducts, viscid, dense, and rather pellucid ; and by venery and debility it is rendered thinner.

Examined by the microscope, a multitude of minute animals are distinctly observed in it, which appear to have a round head and a long tail ; these animaliculæ move with considerable rapidity ; they seem to fly the light, and to seek the shade. This fluid has also an odorous principle, which flies off immediately from fresh semen. It appears to consist of a peculiar vital principle, and by the ancients was called *aura seminis*, or seminal vapor. Emitted into the female vagina by coition, it possesses the wonderful power of impregnating the ovulum or germ of the future child. The gross parts of the semen appear to be only a *vehicle* of the seminal aura or vivifying principle. In chaste persons, the semen returning through the lymphatic vessels into the mass of the blood, gives strength to the whole body and mind : hence the bull is so fierce and brave, the castrated ox so gentle and weak ; hence every animal languishes *post coition* ; and hence *diseases of the spine* from Onanism. It is by the stimulus of the semen absorbed by the age of puberty into the mass of the humors, that the beard and hair of the different parts of the body, but in animals the horns, are produced ; and the

weeping simpering voice of the boy changed into that of the man.

The semen is found to be composed of water, 900 parts; animal matter, 60; soda, 10; and phosphate of lime, 30 parts in the 1,000.

The great alteration which takes place in the body of the male at the time when the semen begins to be formed and collected, is so manifest, that it appears to the most common observer; for the rise and continuance of the beard, and clothing of the pubes, depend thereon; and a wonderful alteration takes place in the voice and passions of the mind, for the hitherto crying boy now becomes bold and intrepid, despising even real danger.

These changes are prevented by destroying the organs which serve to separate the liquor that produces it; and just observation evinces that the amputation of the testicles at the age of virility has made the beard fall, and a puerile voice return! After this, can the power of its operation on the body be questioned? Its destination determines the only proper method of its being evacuated. Certain distempers cause it sometimes to run off; it may be involuntarily lost in lascivious dreams, &c.

Nor is this to be observed only in mankind, but other animals become fierce and vicious about the same time. The bull, a most fierce animal before he sets upon the venereal act, afterward becomes weak and languid: and the unhappy people who have exhausted all the vigor of their bodies by too early and excessive venery, live enervated, and are subject to a numerous train of misery and disease.

The natural irritation to venery scarce needs description: instinct is the spring in brutes; and that, with reason, guides the rational being. Both are naturally satisfied when their desires are gratified.

Inmoderate use of coition, even in a natural way, depresses the spirits, relaxes the fibers, and renders the whole frame weak and exhausted: what then must be the consequence when nature is forced against her will? *Celsus* says, that from the practice of self-pollution, young people are prevented from their growth, and as it were, become old before their time. *Sinctorius* observes, that the insensible perspiration is diminished, and the concoctive faculties weakened, by excess of venery; and in his several aphorisms, reckons up the damage arising from this baneful habit.

*Hippocrates* gives an account of two persons in fevers, brought on by excessive venery, one of whom escaped, not however without great difficulty, after a severe fit of sickness, which lasted till the twenty-fourth day, and the other died of that weakness and debility which he had brought on himself by this most horrid and baneful practice of self-pollution. [See plate on opposite page.]

The same celebrated author, in treating of the many diseases which arise from venereal excesses, says, that "the *Tabes Dorsalis*, or *Medulla Spinalis*, (which is a consumption of the back), happens to those who are over-lecherous in self-abuse, or lately married; they are without a fever and eat heartily, but gradually waste away: and if you ask the patient how he is affected, he will say, there appears to him as if ants were



**A VICTIM TO SELF-POLLUTION. RESULT—DEATH.**

creeping down the spine (back bone) from the top of the head; a great quantity of liquid semen is also discharged when he makes urine or goes to stool; nor does he retain his semen in his sleep, but has involuntary emissions whether he sleeps with his wife or not: and when he takes much exercise he feels a great weariness and debility, a shortness of breath, a heaviness in the head, and a tingling in the ears."

Dr. Woodward, the sagacious superintendent of the Worcester Hospital, in his Fifth Annual Report of that institution, speaking of Masturbation or Onanism, says :—

"No effectual means can be adopted to prevent the devastation of mind and body, and the debasement of moral principle, from this cause, till the whole subject is well understood and properly appreciated by parents and instructors, as well as by the young themselves."

And the following from the "Annals of Education,"

are the sentiments of William C. Woodbridge, the youth's friend and productive laborer in the noble cause of education. He says :—

"A topic in physiology which 'artificial modesty' has covered up, until a solitary, but fatal vice is spreading desolation through our *schools* and *families*, unnoticed or unknown. The experience of teachers, the case-books of physicians, and the painful exposures which accident, or the dreadful diseases which follow in its train, have occasionally produced, have at length forced it upon public attention; and we hope it will not again be forgotten. We would warn them, (parents and teachers,) that those who have been most confident of the safety of their charge have often been most deceived; and that the youthful bashfulness which seems to shrink from the bare mention of the subject, is *sometimes* the blush of shame for concealed crime. We feel bound to add, what abundant and decisive evidence has shown, that ignorance on this subject is no protection from the vice; nay, that it is often the original cause or encouragement of it; that it gives tenfold power to the evil example and influence which are so rarely escaped."

Combe, in *The Constitution of Man*, of which he is the author, thus observes :—

"The organ of Amativeness is the largest of the whole mental organs; and being endowed with natural activity, it fills the mind spontaneously with emotions and suggestions, the outward manifestations of which may be directed, controlled, and resisted, by intellect and moral sentiment, but which cannot be prevented from arising, or eradicated after they exist. The whole question, therefore, resolves itself into this—whether it is more beneficial to enlighten the understanding, so as to dispose and enable it to control and direct that feeling, or (under the influence of an error in philosophy, and false delicacy founded on it) to permit it to riot in all the fierceness of a blind animal instinct, withdrawn from the eye of reason, but not thereby deprived of its vehemence and impetuosity. The former course appears to me to be the only one consistent with reason and morality; and I shall adopt it, in reliance on the good sense of my readers, that they will at once discriminate between practical instruction concerning this feeling addressed to the intellect, and lascivious representations addressed to the propensity itself; with the latter of which, the enemies of all improvement may confound my observations. Every function of the mind and body is instituted by the Creator; each has a legitimate sphere of activity; but all may be abused; and it is impossible regularly to avoid the abuse of them, except by being instructed in their nature, objects, and relations. This instruction ought to be addressed exclusively to the intellect; and when it is so, it is science of the most beneficial description."

Onanism is "the pestilence that walketh in darkness, and the destruction that wasteth at noonday;" neither is

it confined to the obscure and the vicious, but pervades all ranks of society. "In my opinion," observes a French author, "neither the plague, nor war, nor small pox, nor similar diseases, have produced results so disastrous to humanity as the pernicious habit of Onanism; it is the destroying element of civilized society, which is constantly in action, and gradually undermines the health of a nation."

*Extract of a Letter by Dr. H.*

"BROOKLYN, Dec. 19, 1849.

"In my own practice, I think I have seen the following results of masturbation—involuntary emissions, prostration of strength, paralysis of the limbs, hysteria, epilepsy, strange nervous affections, dyspepsia, hypochondria, spinal disease, pain and weakness in the back and limbs, costiveness—and, in fine, the long and dismal array of gastric, enteric, nervous and spinal affections, that are so complicated and difficult to manage."

Such is the state of those deplorable victims, who, if they have not timely relief, perish with the *Lypria*, a most dreadful disease, wherein the internal parts are consumed with a burning heat, and the external frozen with cold. All these complaints I have seen in patients who have indulged themselves in foul pollutions: the symptoms I have generally observed were, violent pains wandering through the whole body, attended sometimes with a troublesome heat, and sometimes with chilliness, especially in the loins, which complaints had continued for three, five, and even eight years, resisting all remedies, except the entire and total abstinence from the horrid practice, temperance, cold bathing, &c. In one patient particularly I observed, that after all the above pains were lessened, he felt a great pain in his legs and thighs, that he was obliged to sit by the fire-side even in the midst of summer, though when I felt his legs and thighs they seemed to have their proper natural warmth; but what seemed to be most strange was, during this time the testicles were continually moving about in his scrotum, and he perceived the like motion in his limbs, with great pain. A similar case is likewise related (arising from the same cause) by Van Swieten, in his commentaries on Boerhaave. I performed several operations on persons who had by this practice brought on a paraphymosis, by not being able to bring the foreskin back to cover the nut of the penis, whereby the inflammation became so great, that an incision was absolutely necessary, to let out the acrid lymph, and free the strangled glans.

The consequences which attended this horrid practice enumerated by Dr. Tissot, are as follows:—

1st. All the intellectual faculties are weakened, loss of memory ensues, the ideas are clouded, the patients sometimes fall into a slight madness: they have an incessant irksome uneasiness, continual anguish, and so keen a remorse of conscience, that they frequently shed tears. They are subject



to vertigoes; all their senses, but particularly their sight and hearing, are weakened; their sleep, if they can obtain any, is disturbed with frightful dreams.

2d. The powers of their bodies decay; the growth of such as abandon themselves to these abominable practices, before it is accomplished, is greatly prevented; some cannot sleep at all, others are in a perpetual state of drowsiness; they are all affected with hysterical or hypochondriac complaints, and are overcome with the accidents that accompany those grievous disorders, as melancholy, sighing, tears, palpitations, suffocations and faintness. Some emit a calcarious saliva; coughs, slow fevers, and consumptions, are chastisements which others meet with in their own crimes.

3d. The most acute pains form another object of the patients' complaints: some are thus affected in their heads, others in their breasts, stomachs, and intestines; others have external rheumatic pains, aching numbness in all parts of the body, when they are slightly pressed.

4th. Pimples not only appear in the face (this is one of the most common symptoms), but even real suppurating blisters upon the nose, the breast and thighs, with disagreeable itching on the same parts.

5th. The organs of generation also participate of that misery whereof they are the primary causes: many patients are incapable of erection, others discharge their semen upon the slightest titillation or the most feeble erection, or in the efforts they make when at stool. Many are affected with a constant gonorrhœa which entirely destroys their powers, and the discharge resembles fetid matter or mucus; others are tormented with painful priapisms, dysuria, stranguries, heat of urine, and a difficulty of rendering it, which greatly torments many patients. Some have painful tumors upon their testicles, penis, bladder, and spermatic cord. In a word, either the impracticability of coition, or a deprivation of the genital liquor, renders every one imbecile who has for any length of time given way to this crime.

6th. The functions of the intestines are sometimes quite disordered, and some patients complain of stubborn constipation; others of the hemorrhoids, or of a running of a fetid matter from the fundament.

This last observation recalls to my mind a young man mentioned by Dr. Hoffman, who, after every masturbation was afflicted with a diarrhea, which was an additional cause of the loss of his strength, and soon reduced him to the state of a *living skeleton*.

The laws of God, of Nature, and of Life, powerfully admonish parents, in their own personal sufferings, to reveal them to their offspring, rather than have such revealed to them only by the *bitter experience* of their violation. "Would it not be better, even in tender years, to possess a *seeming* premature, but PROTECTIVE



and saving knowledge of our existence, and of the natural laws, than to experience a destruction of them from early ignorance? Certainly; and this maxim should be ever impressed upon our youth, as the result of our own sorrowful experience."

"The only amaranthine flower on earth  
Is VIRTUE. The only lasting treasure, TRUTH."

The destructive and pernicious habit of Onanism, or self-pollution, is recorded in the 38th chapter of Genesis, as the crime of Onan, the son of Judah, with a view, no doubt, of transmitting to posterity his chastisement; and we learn from Galen, that Diogenes polluted himself by committing this crime. In Scripture, besides the instance of Onan, we find self-polluters termed effeminate, filthy, and abominable.

"How soon the calm, humane, and polish'd man,  
Forgets compunction, and starts up a fiend."—ARMSTRONG.

Pliny, the naturalist, informs us, that Cornelius Galicus, the ancient Prætor, and Titus Etherus, the Roman knight, died in the very act of coition. There can be nothing more dreadful than what Celeus and Ætherus tell us of that abominable vice. The former says that "these pleasures are always hurtful to weak people, and the frequent indulgence of them destroys even the strongest constitutions." The last celebrated author draws a most horrid picture of the shocking consequences that are produced by this vile practice, and says that young people have the appearance and air of old age; they become pale, effeminate, benumbed, lazy, base, stupid, and even imbecile; their bodies become bent, their legs are no longer able to carry them; they have an utter distaste for everything, and are totally incapacitated, and many become paralytic. The stomach is disordered, the body is weakened, paleness, bodily decay, and emaciation succeed this destructive habit, and the eyes sink into the head.

Dr. Tissot draws the following lively and true picture of the consequences of this deluding practice: "As soon as the habit has obtained any degree of strength, the soul and body both concur in soliciting the crime; the soul, beset with unclean thoughts, excites lascivious emotions; and if it be diverted for some moments by other ideas, the sharp humors which irritate the organs of generation, soon draw it back. The truth of these observations would be sufficient to stop young people in this pernicious progress, if they could foresee that in this respect one false step brings on another: that they cannot resist temptation; that in proportion as the motives for seduction increase, REASON, which should keep them within bounds, is weakened; and, in a word, they find themselves plunged in a sea of misery, without, perhaps, the hope of a single plank to escape upon. If sometimes early infirmities give them notice, if the danger terrifies them for some moments; when the infirmity is relieved, and the danger over, rage precipitates them afresh.

"The empire which this odious practice gains over the senses, is beyond expression. No sooner has this uncleanness got possession of the

heart, but it pursues its votary everywhere, and governs him at all times and in all places. Upon the most serious occasions, and in the solemn act of religion, he finds himself in a manner transported with lustful conceptions and desires, which take up all his thoughts.

" Nothing so much weakens the mind as the continual bent of it to one object, which is the case with those addicted to Onanism, for in whatever vocation a person is engaged, some degree of attention is required, which this pernicious practice renders them incapable of.

" It is true we are ignorant whether the animal spirits and the seminal liquor are the same; but experience teaches us those two fluids have a strict analogy, and that the loss of either produces the same effects.

" The loss of too much semen occasions lassitude, debilities, and renders exercise difficult; it causes emaciation, and pains in the membrane of the brain.

" Young people of either sex who devote themselves to lasciviousness, destroy their health in dissipating those powers which were destined to bring their bodies to their greatest degree of vigor.

" Too great a quantity of semen being lost in the natural course, produces very direful effects; but they are still more dreadful when dissipated in an unnatural manner. The accidents that happen to such as waste themselves in a natural way are very terrible, but those which are acquired by masturbation are still more so."

The description which Tulpus, that celebrated physician and burgo-master of Amsterdam, has left us, cannot be read without horror! " The spinal marrow does not only waste, but the body and mind both equally languish, and the man perishes a miserable victim!" Too great dissipation of the animal spirits weakens the stomach, destroys the appetite, and nutrition having no longer place, the motion of the heart is weakened, and all the parts languish.

Frequent pollutions not only produce lassitude, weakness and debility, but the memory fails, a cold sensation seizes the limbs, the voice becomes hoarse, and the eye-sight clouded, disturbing dreams prevent sleep from administering relief.

Mr. Harper observes, that, " the premature indulgence of amorous desires, in the early bloom of youth, is productive of the most ruinous consequences. At this period the mind grows warm, and well adapted to imbibe a proper fund and connection of ideas, through the favorable disposition of the nerves, and the body begins to germinate and gather firmness and vigor from the maturation of its juices, especially those of the glands, which now unfold and afford a repository for the lymphatic and nutritious parts of the fluids to answer the emergencies of nature. *But the unseasonable pursuit of unripe enjoyment blasts these promising fruits, draws off health and genius from the system through the channel of pleasure, and inevitably shortens life!*"

If in this progress of the system to its destined perfection, youth yields to the temptations of lasciviousness, and indulges in criminal enjoyments, plucking the unripe fruit of pleasure with a hasty hand of uncontrolled passion, he,

surely checks the growth of all his faculties, destroys the happiness which their legitimate use would bring him to encounter, and sacrifices all the joys of the future to a present odious, heinous, worse than brutal and unnatural gratification, which inevitably shortens the period of his existence.

When the constitution approaches its state of perfect development, when the boy and girl blossom into the full-grown man and woman, if the social impulse, or amative propensity produce disorder and defy control, the effects are too important to be for one moment neglected, as they have often the most vital influence upon the whole system; and upon their action, future happiness, health, and even existence, may, and do depend.

“To every animal but man, nature has set bounds to the exercise of the procreate functions, and prescribed the periods of their desires; but to man, as a rational being, and the noblest work of creation, she has given full liberty to enjoy those blissful pleasures continually, guided only by reason and a proper regard to the powers of his system. While this liberty is used with discretion, and this license does not degenerate into abuse, the exercise of this function is proper, honorable, virtuous, healthful and necessary. It gives the highest pleasures of which the senses are capable, and mingles with the sweetest affections of the human heart. The passion, that liberal herald of our manifestations, and the bright shining emblem of a noble soul and a tender heart, adorned by a brilliant intellect, is also the theme of the novelist and inspires the poet and the artist. Without it the world is a blank, and society a chaos. In its righteous enjoyment, all is order, delight, sunshine, mirth, and bliss; deprived of it, all is cold, dark, and misanthropic. But, when pleasure is perverted

into debauchery, and the blissful ecstasy is carried to a blind excess, man loses the reins of reason and sinks below the level of the brute, and remorse, disease, and shame, are the results of the abuse of faculties, whose *regular* action should bring happiness and peace. Let this sentiment be refined and governed by affection and reason, lest it hurry thee into the horrors of lust, and produce the fruits of debauchery and excess. When this has once fastened upon thy mind and degraded thy body, farewell to love and all its soft and pure delights; farewell to peace of mind and the pride of conscious rectitude—to all which makes existence a blessing, farewell!" FONTAINE.

When the constitution approaches its zenith or confirmed state, if the social impulse occasion disorder and reject control, its effects are too important to be neglected, as they often have the greatest influence upon the whole frame.

"An exquisite sensibility in the nervous system, united with sufficient powers in the circulation on the one hand, and a full and cold phlegmatic constitution on the other, are the two extremes of temperament, which particularly require indulgence; the former, in order to diminish that plentitude and irritation, which, if not removed, might produce frenzy, fevers, inflammation, &c.; and the latter, on purpose to create that excitement and action in the nerves and vessels which are necessary to prevent obstructions, consumptions, hypochondria, &c.

"Continued celibacy generally loads the glands, retards the circulation, and occasions fullness and stagnation in the vessels. In this state, the mind, unexpanded by the soft fire of mutual rapture, often becomes gloomy, selfish, and contracted, and all its faculties being confined within the narrow compass of ordinary gratifications, are devoted to habits of parsimonious care and contemplative amusement.

"Temperance is the best pledge for longevity; nevertheless, young people should, by all means, inure themselves to the hardships and asperities of life. Without some share of these to temper the lethargic effects of indolence, the body sinks into a state of effeminacy and imbecility, and the mind soon becomes as feeble and insignificant as the body.

"Of all the various evils that human nature is ordained to suffer, none are more calamitous than those attending seminal pollutions, and which would be difficult to paint in colors so glaring as they merit; a practice to which youth devote themselves without being acquainted with the

enormity of the crime, and all the ills which are its physical consequences. The most clouded melancholy, indifference and aversion for all pleasures, the impossibility of sharing the conversation of company, wherein they are always absent in thought: the idea of their own unhappiness, the despair which arises from considering themselves as the authors of their own misery, and the necessity of renouncing the felicities of marriage, are the fluctuating ideas which compel these miserable objects to shut themselves up from the world; and happy are those who do not, in the midst of despair, put a period to their own existence!

"A description of the danger to a person who is addicted to this vice, is perhaps the most powerful mode of correction. It is a dreadful portrait, sufficient to make him retreat with horror!—Consider, then, its principal features—The whole mass fallen to decay, all the bodily senses, all the faculties of the soul, weakened—loss of imagination and memory—imbecility—contempt—shame and ignominy, are its constant attendants: All the functions disturbed, suspended and painful—capricious, disagreeable and disgusting, even to one's self—violent pains ever renewing—all the disorders of old age in the prime of youth—and above all, the incapacity for all the functions for which MAN was created—besides which, the humiliating consideration of being an *useless member of society*; the mortifications to which they are exposed—lassitude—debility—distaste for pleasure, and incapable of enjoying the company of even a friend—an aversion for others as well as one's self—life appears horrible—the dread which every moment starts at *suicide*! anguish worse than pain: remorse, daily increasing and daily gaining fresh strength. Alas! alas! when the soul (no longer weakened by its unity with the body) serves as fire, that is never extinguished, for an eternal punishment!"

Coition is useful whenever it is solicited by nature in a healthy state of the system; but at all other times it weakens the faculties. The drafts upon the system to supply the constant excitements, are so frequent, so constant indeed, that the dissipation of its fluids or juices must occasion the greatest weakness; and other functions, where these juices are wanting, must, of necessity, be imperfectly performed.

If the love is pure, the bliss is the greatest man can wish for; but beware, O youth! beware; let this noble passion be guided by reason, lest it should hurry thee headlong into lust: for if that be thy misfortune, farewell to love and every other social virtue, *thou art ruined forever!*

"Sacred instinct first kindles the ethereal fire; and when that pair meet whose inclinations come in unison, they proclaim to each other, with palpitating endearments, that there is a secret anxiety for becoming united into one. If this is not repugnant to the laws of chastity, and agreeable to the laws of nations, there now remains nothing but the embrace to complete the felicity, agreeable to the dictates of instinct. If this is con-



cluded, and the period arrives, nature then prepares; and the ideas center in this act only; the blood increases in velocity; and, like the attractive power of magnetism, they cement as they approach in contact."

Excessive venery produces lassitude, weakness, numbness, a feeble gait, headache, convulsions of all the senses, dimness of sight, and dullness of hearing, an idiot look, a consumption of the lungs and back, and effeminacy. These evils are increased by a perpetual itch for pleasure, to which the body and mind have been so much accustomed, that it is difficult to wean themselves from it; whence follow obscene dreams and frequent erections, which are occasioned by the influx of semen which, however small, becomes a burden and a stimulus, which will be discharged from the relaxed cells by the very slightest effort. Thus it is, that this horrid practice destroys the flower of our youth, and nips them in their bud. Dr. Rast, a celebrated physician at Lyons, relates, that a young man, a student in medicine, died of the excess of this debauchery.

The idea of the crime had made such an impression on his mind, that he died in a kind of despair, fancying he saw hell opening on every side, ready to receive him. He also assures us, that he saw a child of six or seven years old, (instructed by a servant maid,) polluting himself so often, that he died of slow fever. His rage for this act was so great, that he could not be restrained from it the very last day of his life; and when he was informed that he thereby hastened his death, he consoled himself in saying, he should go to his father, who died a few months before.

Frequent repetition of the act of self-abuse has been followed in some instances with an emission of *blood* instead of semen. It is also universally acknowledged, that we are equally ignorant of the nature of spirit and the nature of matter, but we know that these two parts of man are so intimately united, that all the change which the one undergoes is felt by the other. This observation equally points out to us, that of all disorders, there are none which more quickly affect the soul than those of the *nervous* system.

"Absence, distrust, or e'en with anxious joy,  
The wholesome appetites and powers of life  
Dissolve in langor: the coy stomach loathes  
The genial board; your cheerful days are gone;  
The gen'rous bloom that flushed your cheeks is fled!  
To sighs devoted and to tender pains  
Pensive you sit, or solitary stray,  
You waste your youth in musing."

Those who addict themselves to this practice are generally disordered in the stomach, and afflicted with loss of appetite—dry coughs—weakness of the voice—hoarseness—shortness of breath upon the least exercise—and a relaxation of the whole nervous system. Some are afflicted with a considerable loss of strength—paleness—sometimes a slight jaundice—pimples often appear on the face, and particularly about the forehead, temples and nose—leanness—they are greatly affected by change of season, particularly cold weather—langor of the eyes—weakness of sight and loss of memory.

"Youth (says M. Linnæus) is the important period for framing a robust constitution. Nothing is so much to be dreaded as the primature or excessive indulgence of amorous pleasure; hence arise weakness of sight, vertigoes, loss of appetite and mortal decay. A body that is enervated in



youth never recovers itself; old age and infirmities speedily come on, and the thread of life is shortened. No care should be neglected that may contribute to the elegance and strength of the body; the excesses which I treat of are equally destructive of both; for the foundation of a happy old age, is a good constitution in youth: temperance and moderation at that age, are passports to happy gray hairs."

Nature, in a state of health, does not inspire ideas, but when the vesiculae seminales are replete with a quantity of liquor, which has acquired such a degree of thickness as to render its return into the mass of blood difficult, then coition is both necessary and proper; but when we subject ourselves to lascivious desires, when we have no occasion for them, it is the imagination, lustful habit, and not nature that importunes them.

The body wastes away, th' infected mind  
Dissolves in effeminacy, forgets  
Each manly virtue and grows dead to fame.  
Sweet heaven! from such intoxicating charms  
Defend all worthy breasts!

Another cause why those who practice self-pollution are debilitated, is, independent of the emissions of the seed, the frequency of erection, which, though imperfect, greatly weakens them. Every part that is in a state of tension exhausts the powers, and they have none to lose: the spirits are conveyed there in large quantities, they are dissipated, and this occasions weakness: they are wanting in the performance of other functions, which is thereby only imperfectly done.

When a person has habituated himself to confine his thoughts to one idea, he becomes incapable of any other; its empire is fixed, its reign is despotic! upon the most serious occasions he finds his thoughts occupied with lustful desires and conceptions, and wishes to withdraw from observation, that he may indulge in his darling sin. To such a degree has dissipation in some places arisen that debauchery with women is looked upon only as a habit; the most criminal, in this respect, make no mystery of it, and imagine it draws upon them no sort of contempt. But where is the masturbator who dares acknowledge his infamy! and should not this necessity of hiding the deeds in mystic obscurity be a conviction of the criminality of these acts?

It is evident in what manner the constitution is injured more by this habit than by a natural connection; for after excessive coition with a woman that is beloved, a man is not sensible of the lassitude which should follow this excess, because the joy which the soul feels, increases the strength of the heart, favors the functions, and restores what was lost: but this is not the case when every effort is strained to obtain a secretion of that fluid, whereby the human frame suffers such convulsions that it is scarcely ever capable of being replaced. Why should we commit so great a crime against nature? Why sink the soul in a sea of woe, and depress the spirits of the man, when "beauty has charms to dilate our hearts, and multiply our joys?"

I will here give in concluding this already lengthened chapter, a few prominent cases only, to illustrate some of

the effects of this vice on lovely women. Drs. Gregory and Woodward tell us that

A distinguished teacher in the State of Massachusetts, related that, recently, a lovely and intelligent young lady, of a wealthy family, attended his school. She, at length, began to lose her health, and became exceedingly nervous, and partially insane; it was then ascertained that she was given to this secret and fatal habit, and that this was the cause of her illness.

About two years ago, a young woman, aged twenty-two years, came under my care, in a state of the worst form of insanity. She was furious, noisy, filthy, and, apparently, nearly reduced to idiocy. She had been in this condition many months, and continued so for some time while with me. She was pale and bloodless, had but little appetite, frequently rejected her food, and was reduced in flesh and strength. Finding her one day more calm than usual, I hinted to her the subject of masturbation, and informed her that, if she practised it, she could not get well—if she abandoned it, she might. She did not deny the charge, and promised to follow my advice strictly. In two or three weeks from this time, she was perceptibly better; her mind improved as her health gained; and both were much better in the course of a few weeks. The recovery was very rapid in this case. At the end of six months she had excellent health, was quite fleshy, and became perfectly sane; and has continued so, as far as we have known, to this time.

In the spring of 1837, I was consulted by the father of a young woman who had, for four years, been in the worst possible condition of health. She had consulted many eminent physicians, who had prescribed remedies and regimen for her without benefit. On first seeing the patient, I was impressed that the cause of her illness had not been understood, which had rendered all remedies unavailing. Upon inquiring of the patient, I found that she had been the victim of self-pollution. I cautioned her to abandon the practice, prescribed some remedies, and saw her no more.

More than a year from the time of seeing her, I heard directly from her parents, who sent me word that she had entirely recovered her health and energy of mind, and that my prescriptions had entirely cured her.

Not long since, a case of periodical insanity came under my observation, the subject of which was a young lady. The disease had existed ten years without any material change. Suspecting that masturbation was the cause, I directed her mother to ascertain, if possible, and inform me. Some months after, I received intelligence that my patient was better, and that my suspicions of the habit were confirmed by the observation of her friends. The case is not without hope, although of so long standing, if the cause is removed.

Three or four similar cases have been under my care recently, in which individuals of the same sex have been reduced to the same degraded state. They are now, and will continue to be while life remains, a melancholy spectacle of human misery, without mind, without delicacy or modesty, constantly harassed by the most ungovernable passion, and under the influence of propensities excited to morbid activity by a vice far more prevalent than has been supposed. A large proportion of the 'bed rid-

den' cases, of which there are so many in the community, will be found to have originated in this cause.



EFFECTS OF MASTURATION IN A YOUNG FEMALE.—RESULT—  
DEATH.

TREATMENT.—*General Remedies*—*Moral, Physical and Medicinal*.—There are two methods to be pursued in the treatment and cure of the vice of onanism, namely, the *moral treatment*, and the use of *medical remedies*. These modes for effecting a cure must go hand in hand, each assisting the other, and both persevered in until not only a constitutional and permanent cure is established, but the moral faculties have regained their ascendancy over the *sense* or the perverted animal instinct.

The *moral* treatment has already been sufficiently explained and illustrated in the foregoing pages ; but the following remarks from a late writer on this subject, are so apposite and excellent withal, that I shall here give them. He says :—" Avoid bad and lascivious companions. Never converse upon loose subjects, except with such well-disposed persons as may give you salutary lessons upon the evil effects of licentious habits, and give to the victim motives and strength to overcome them. Shun the company of the vicious and abandoned, and everything that tends to excite the sensibilities, which are to be regulated and reduced. Avoid sedentary habits and solitary places, if they engender impure imaginations ; and above all, never read obscene books, or look upon exciting pictures. Seek the company of the wise and moral, and above all, have some active employment for both body and mind. Never sleep alone, but with some moral and estimable person, whose good opinion you so much value that you would fear in his presence to commit a sin, however strongly tempted. Let the beauty and dignity of true virtue, and the danger and odiousness of vice—the true end of your being and hopes of happiness, be constantly in your mind, and preserve you from evil thoughts and actions." Such moral means, with the proper constitutional discipline presently to be spoken of, can scarcely fail of effecting a thorough, radical, and permanent cure.

The *physical* and *medical* treatment consists in the avoidance of all stimulating, acrid, and high-seasoned food or drinks ; on the other hand, a poor, thin, and watery diet, as recommended by the disciples of Graham, for instance, is very improper, and will have a tendency rather to increase than ameliorate the disordered state of the body under which the patient is suffering, by keeping

below the natural standard of health the tone of the system. The supply of food should be furnished in proper quantity, and sufficiently nutritive. It is true, that as the strength increases, the secretion of the seminal fluid will also increase in quantity and vigor, which not being *all* absorbed into the circulation, the remainder is a source of irritation to the generative organs. To counteract this, exercise is to be used, not only for pleasure, but so as to induce considerable fatigue. Use, therefore, a generous, plain diet, eating little and often, and indulge in but little sleep, and that upon a hard mattress or straw bed, so as merely to repair the fatigues of the day's exercise or labor. Too much sleep is as prejudicial as idleness or stimulating food. Excess of wine, spirits, or fermented liquors, should be avoided, though the use of good wine in moderation, is often beneficial, and may be prescribed as a tonic; but pure cold water or beef-tea should be the common drinks. Take daily exercise in the open air at sunset, a supper of the lightest kind, go to bed early and rise betimes, sleep on a cool bed—avoiding that of feathers, bathe frequently, and wash the genitals with cold water every evening and morning, and if convenient twice or three times during the day. Too much covering is hurtful, and if the genitals become irritated, rise at once, and bathe them in cold water.

In all cases of much debility, the following preparations may be taken:—

*Compound Tincture of Gentian.*

Take of Gentian Root, sliced, 2 ounces; Orange Peel, dried, 1 ounce; Cardamom Seeds, bruised,  $\frac{1}{2}$  an ounce; Proof Spirit, 2 pints.

Let it stand in a warm place forty-eight hours, to digest. Dose: a tablespoonful morning, noon, and evening, in half a wineglassful of cold water. When there is a ten-

dency to much irritability, or heat of the parts, in conjunction with cold bathing, above mentioned, use the following :—

*Compound Tincture of Camphor.*

Take of Camphor two scruples ; Opium, dried and powdered, Benzoic Acid, of each, one dram ; Proof Spirits, two pints.

Keep this near a stove, as above, for the purpose of steeping. Dose : half a teaspoonful in a little water, as often as the parts become excited, particularly on going to bed, or as often as occasion requires.

With these rules to guide the patient, provided they are judiciously prescribed, all may hope for benefit ; and in most cases, a few weeks will suffice for a perfect cure to be produced—even in those who have for years indulged in venereal excesses, or the vice of masturbation and self-pollution ; while those who, for moral or other reasons, desire a life of celibacy, will find these means more effectual than any vows of chastity, however sacred or sincere.

“ Who pines with love, or in lascivious flames  
Consumes, is with his own consent undone.”

*Concluding Remarks.*

In concluding this important chapter, the cause of humanity cannot be better subserved by me, than to offer here a few remarks which suggested themselves on beholding the life-like pathological specimens contained in the New York ANATOMICAL MUSEUM, (an establishment of respectability in Broadway, not far from Duane-street, New York city). The specimens therein contained, to which I now more particularly refer, consist of two full-size figures of the human body, one a male and the other a female—both *victims* to the horrid practice of masturbation. Let all addicted to the vice pay this moral school



of Science a visit, and contemplate those two startling figures, representing with truthful reality the sad, the fearful end of the victims of *masturbation* ! What an impressive lesson is here exhibited to the young in these silent yet eloquent monitors ! Beyond all doubt, such lessons are the best *preservatives* and protectors of the morals that can possibly be presented to the youthful mind—aye, to the minds of *all*.

I have also noticed with wonder and admiration, in a philanthropic and scientific point of view, among this splendid anatomical collection, the vast series of life-like *models*, representing and illustrating *venereal diseases*, in all their forms and phases—from a simple gonorrhea or clap, to the worst possible forms and stages of syphilis or chancre.

Great credit is certainly due to the enlightened, humane and enterprising proprietors of this Museum, for having succeeded—amid so much opposition and calumny on the part of the interested, the malevolent, and the bigoted members of the medical profession (though the more liberal and intelligent of the profession, of course, sanction and hail it with delight, for the *People's sake*)—in establishing it in *this* great city. I am happy to see it prosper as it does ; for its extensive and varied collection of models teaches one of the greatest *moral* lessons possible, to the youth of both sexes, and all classes of society, it being constantly and very properly visited by such, throughout the day and evening, with great apparent gratification. The lessons which it teaches are far more effective than anything that ever has or can be taught from either the pulpit or the bench. No *language* with which I am acquainted, is half so eloquent as that conveyed to the *head and heart* by a contemplation of these silent but impressive lessons.

Such an establishment is of paramount importance to the well-being of society, and a most wholesome and powerful check on licentiousness and its appalling results. I look upon the New York Anatomical Museum, then, as being admirably calculated, from the nature of its extensive collection of models, to enlighten the people to a degree beyond calculation, respecting the important subjects of health and disease. *Quackery* will soon begin to quail before the growing knowledge of the public on these literally *vital* points ; for which I repeat all praise must be awarded to Messrs. R. Pomeroy & Co., the gentlemanly proprietors of this Museum, for their indefatigable efforts to cater sound intellectual enjoyment and *profitable knowledge* for the citizens of this highly favored country. I see nothing in the Museum in question to shock the *honest* modesty of either man, woman or child ; but as to the *pure* all things are pure, so to the unclean and *impure* all things are, to them, full of impurity ; however, as we become enlightened, we learn to discriminate between the *true* and the *false*, in all things.\*

\* This Museum, I should remark, contains an immense number of *models* on all subjects relating to anatomy, as well as to pathology, physiology, &c. There is a full series of models showing the different stages of *pregnancy*, from the first to the ninth month, which is alone worth traveling a thousand miles to behold. But, were I to endeavor to enumerate and describe this grand collection of anatomical models, a *volume* instead of a page or two would be the result. *It must be seen to be appreciated.*

ADDRESS  
TO  
PARENTS, GUARDIANS, SCHOOLMASTERS,  
And those who are intrusted with the  
EDUCATION OF YOUTH.

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The growing pest, whose infancy was weak,  
And easy vanquish'd, with triumphant sway  
O'erpowers your life. For want of *timely care*  
Millions have died of medicable wounds.

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THE following case is worthy the attention of parents and guardians who have the care of youth :—A young man of twenty-eight years of age, was initiated into these abominations by his private *tutor*, and had the same disgust for the marriage state. The anguish of his situation, joined to his exhausted condition, the consequences of his operations, threw him into a profound melancholy, which, however, yielded to the power of the nervous and strengthening medicines mentioned in the preceding chapter.

Permit me to intreat you who are fathers and mothers, to reflect upon the source from whence the above patient derived his misfortunes, as there are more examples of this kind than one. If they may be deceived in the choice of those to whom they intrust the important charge of forming the mind and heart of their pupils, what is there not to fear from those, who being only appointed to display their corporeal talents, are examined less critically with respect to their morals; and from servants who are frequently hired, without its being known whether they have any morals at all!

Many young and tender plants have been blasted by the very gardener who was intrusted with their rearing; there are in this kind of rearing gardeners of both sexes: but should it be asked where is the remedy of this evil? the answer is concise and simply this—Be particularly careful in the choice of a preceptor; watch over the preceptor and his pupil with that vigilance which an attentive and careful father of a family exerts to know what is done in the darkest recesses of his house.

Never leave servants or tutors alone with youth, if you have the least reason to believe that they are given to these practices. Watch youth if they stay too long in the privy or necessary, particularly with a companion, for in *great schools* it is frequently to such places that they retire

to commit this destructive vice ; and I have been assured by many, that they were first taught this detestable practice in such places.

It is time to conclude these shocking details ; I am weary of the turpitude and misery of mankind. Good God ! would young people only take time to consider that every act of debauchery of this kind strikes deep at the root of the constitution, inevitably hastens those disorders they fear, and will in the very flower of their youth bring on all the infirmities of the most languishing old age, they certainly would abhor and desist from so vile and abominable a practice.

Before I dismiss this subject, it is absolutely necessary to remark, that it ought not to be expected that disorders of this kind can be removed in a few days, which perhaps have been many years accumulating. Those who wish to be restored to their former health, strength and vigor, ought strictly to adhere to the advice and remedies prescribed for them by their physician ; they should consider, that from implicit confidence and steady perseverance, a cure can only be obtained. A patient who is inattentive to his own welfare cannot expect a cure. Hippocrates justly observes that, "the patient, the physician, and the assistants, ought equally to do their duty." Aretus says, "Let the patient have courage, and conspire with the physician against the disorder. The most stubborn distempers generally give way to this harmony." Experience daily demonstrates the justness of this assertion ; and the author can safely challenge the whole world to prove one single instance wherein the remedies herein prescribed have failed in producing the most happy and salutary effects, even in the worst of cases, wherein they have been taken regularly and persevered in for a moderate length of time.

Persons who have addicted themselves to this vice, generally find themselves disgusted at all amusements, absent in company, stupid and lifeless everywhere ; and if they think at all, feel themselves plunged into the deepest melancholy. From all these miseries the treatment laid down under Onanism (which see), is calculated to afford relief. But it should be observed that perseverance is necessary ; in all cases a particular attention to the directions, as also a regularity in time and dose, is to be regarded ; and above all, it must be noticed, that it will be in vain to expect any relief from these remedies, without punctuality ; for taking a dose or two regular, then leaving off for some days and beginning again, will be of no service ; *they must be continued regularly.\**

Yes, it is time to conclude our remarks upon this most important but unpleasant subject. In the language of Fontaine, "What a picture of human weakness, turpitude and misery has been unfolded in the foregoing pages ! Would youth but consider that every act of debauchery, and every excessive secretion, strikes at the root of their future health and happiness, and surely tends to produce all

\* I here refer particularly to the "Compound Tincture of Gentian."

the terrible evils, infirmities, and miseries they most dread, how would they abhor and detest their vile, unmanly, and death-dealing vices!

“It is vain and exceedingly foolish to suppose that diseases which have been years in accumulating, and habits which have been forming, perhaps through a whole life, thus far, can be cured suddenly, or without much effort and perseverance.”

I would however, inform all, that there is no case so desperate that may not be remedied by time, perseverance, and the discoveries of modern science, judiciously applied.

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## CHAPTER II.

### ON MARRIAGE.

SAYS Dr. Fontaine,—Many may suppose that an imagination, constantly agitated by thoughts and fancies of love, and inflamed by the absorption of the reproductive fluid, which presses and excites the generative organs, may still be diverted from sensual ideas, and the carnal stimulus, and that the effervescence of these natural phenomena may be directed to intellectual pursuits, poetical compositions, music, fashionable amusements, balls, parties, and such like diversions. Now every observer is impressed with the frequency and the fatal effects of unnatural indulgences, and with the alarming and excited state of many promising boys and girls who had arrived at the age of puberty perhaps in their fourteenth year. It is known also, that the evils of all marriages are only those imposed by a false education, an artificial state of society, and the unequal distribution of wealth. And as to poetical compositions, music, fashionable companies, theaters, &c., they would evidently be only adding fuel to the flames.

Marriage ought then, to succeed the celibacy of earlier life. Marriage is man's natural state after puberty; and to woman it is an indispensable

requisite. She was created of him and for him, young and handsome, mature in age, strength, and nature ; and to him she was given, adorned with all those graces and charms which remind him and her of the imperative laws of mutual delights and those of procreation. She is indued with power to give and to inherit a terrestrial paradise, to multiply her species, to become matron, queen, and mother.

The early ripeness of this appetite proves it to be the intention of Providence that people should early settle in matrimony, and exercise those gifts which reproduce their equals. In this state the appetite is sufficiently moderate, and is no obstruction to education. On the other hand, it develops the very faculties of the soul. It never becomes unruly, till one, forgetting the matrimonial tie, wanders to and fro from object to object. It is licentiousness, vanity, and luxury, that dictate late marriages, which never were intended by nature nor by our Maker. A benign Providence and industry never will fail to afford the means of living comfortably, provided men confine themselves, without abuse, to the demands of nature, and to the laws of God. ' Multiply and replenish the earth, which is given to you for your inheritance.'

Late marriages are not eminently happy, and this is a truth too important to be neglected. It is dangerous for a man and woman, when friendships have been contracted on both sides, and love burns within ; when sympathy and attraction are at work, and nature is excited, to delay the matrimonial union to a time when opinions are fixed, and habits established ; when life has been planned into method, and the mind has long enjoyed the contemplation of its own prospects.

Independently of morbid affections, which marriage removes, it augments the energies of the sanguineous system ; the distended arteries carry warmth and animation throughout the body ; the muscles become vigorous ; the walk is free ; the voice firmer ; the demeanor unembarrassed ; the sanguine temperament predominates. In short, men and women improve in their health, strength, and beauty, and much is added also to the attainment and development of the mental faculties.

Wives and husbands should be chosen, not in accordance with the state of wealth and fashion, but in compliance with the salutary characteristic laws of life and nature ; we mean, of body and mind ; on the principles of righteous judgment, and truths connected with physiology, so that their union may be happy, and crowned with perpetual bliss ; their progeny healthy, vigorous, and endowed with rich gifts in body and mind.



## CHAPTER III.

### ON THE FIRST ASSISTANCE TO BE RENDERED IN CASES OF DANGEROUS ACCIDENTS.

IN the event of a fall, or of a severe blow, or of any considerable violence which may have given rise to accidents of a serious character, or at least to those which are supposed to be so, everything depends, in most instances, upon the *first attentions* afforded to the injured person; their aim should be to relieve his sufferings, and facilitate his re-establishment. On some occasions they will even recall life and preserve his existence.

But before proceeding upon what ought to be done, a few remarks may be offered upon what is essential to be avoided.

1st. On no account let beer, wine, ardent spirits, or spirits and water be given him in the mistaken view of reviving him, of doing him good, or affording him strength. It is exceedingly rare that such means are useful; and in the vast majority of cases they are positively injurious, not to say highly dangerous. Pure water alone, if he asks for drink, should be offered him.

2d. The patient should not be surrounded by a number of persons, for fear that, in the disorder and confusion inseparable from a crowd, his case may be aggravated, some fatal movement be occasioned, or some misunderstanding arise about what should be done or what given, while the employment of things which are really useful may be neglected or prevented. Two or three persons are quite sufficient to be about him; and more particularly if the chamber be small and close, and the weather warm.

3d. The greatest caution should be used, that he be not shaken or inconsiderately removed before it has been ascertained whether such removal would not be injurious, or, at least, whether it would not be preferable to tender him the attentions his situation requires on the spot, in allowing him to remain quiet. The first thing to be done is to place him in a good position; one that will enable him to breathe freely; his nose and mouth should be cleared of any dirt or blood that might impede respiration; his limbs also should be placed in a favorable direction, in order that if there should exist a fracture, this might be less menacing by being less complicated; his dress should be attended to in order that nothing tight should press about his neck, body or limbs. An examination must be made to ascertain if there is any loss of blood, and from whence this hemorrhage arises, to the end that if it be considerable it may be restrained

by the means which we have previously indicated. If not considerable, the flow of blood should not be suppressed, but encouraged by the use of a sponge and warm water. When these first cares have been devoted to the sufferer, the good sense of his attendants will teach them not to expose him to the cold, to an undue degree of heat, or to the wet, as also to call in immediately a surgeon. But in very grave cases it would be advisable to send for two of the nearest; for the presence of both would not be too much under such circumstances, while on the other hand, there would be an extra chance in favor of enlightened aid.

If the protracted absence of the medical men, or the great distance from their dwellings, should give rise to serious apprehensions for the safety of the sufferer, no hesitation should be made in sending for a good nurse, or some one who may have had an opportunity of frequently witnessing cases of accident, and the usual methods of treatment of such cases; and then, perhaps, it would be advisable, after taking off, as well as can be done, the patient's dress, or apply leeches, fomentations, or emollient poultices, upon the seat of the injury, which is generally swollen and painful. But as these means, especially the two first, are not always easy, nor always requisite, it will be enough, in the first instance, to have recourse to cold water constantly applied to the seat of the injuries by means of soft rags upon the cut, lacerated, or contused parts.

Water, simple as it may appear as an application, is, in the opinion of the greatest surgeons of all nations, the very best of remedies, and renders totally superfluous the application of the balsams, ointments, and other external remedies which are ordinarily employed. Some persons are led to expect a miraculous good from the addition of certain articles to the water, but let them rest assured, that so far from increasing its efficacy, they are far more likely to render it irritating and injurious.

Let attention be paid to the temperature of the chamber, that it be neither too warm nor too cold, and that there be no more persons present than are absolutely necessary to the duties required by the situation of the sufferer. The occasional visit of a friend, which is always better avoided, should be of short duration, and more particularly if it should appear to cause much excitement to the patient, or to trouble him.

On no account should heating liquids be administered; a little lemon whey, or better still, lemonade or barley water, should be preferred; nothing should be given to the patient to eat; (the strictest abstinence is *rigorously* to be observed and persisted in for the first few days;) the bowels are to be gently opened by means of injections; (an ounce or an ounce and a half of salts in a little thin gruel;) and the wet rags frequently changed, attention being paid to those which are saturated with blood, for the reasons already mentioned. A good nurse will always preserve her presence of mind, and that calm which is so necessary to assure the patient. She will endeavor by all means to restrain the sobbings and lamentations of assistants, and, in short, babbling and noise of all kinds, which not only tend to fatigue the patient, but to trouble that repose of body and mind of which he stands eminently in need.

In circumstances such as these, and when there exists general and very serious contusions, a warm bath is particularly recommendable; and where it is possible to procure one, it is advisable to keep the patient in it an hour or more. But when this is difficult to obtain, or when it would be

necessary to wait a considerable time, a sheet, or what is better, a blanket, soaked in warm water, and frequently renewed, may be advantageously substituted for it.

It is the same with the freezing body as with fruits, when nipped by the frost, and which become almost immediately rotten, if care be not taken to thaw them first in cold water; and experience, moreover, teaches us the suffering we expose ourselves to, when being extremely cold we approach our hands too near the stove. If the individual's feet who has received an injury are extremely cold, hot flannels may be applied to them, or otherwise a bottle of hot water. A cup of tea may be administered, or a little gruel, to which may be added two or three table-spoonsful of wine, or a teaspoonful or two of spirits. If he should have been in liquor, or should have the stomach overcharged with food, vomiting should be excited by tickling the fauces or back part of the mouth with a feather. This operation, or rather the evacuation which results from it, is of the highest utility, and prevents, or at all events calms, many very bad symptoms.

If the individual is insensible, and if the means just pointed out fail to recover him, or if from the exhaustion and debility occasioned by the loss of blood he is in a fainting state, means should be employed to re-animate him, such as are usual in similar states arising from ordinary causes; namely, the application of hot flannels on the pit of the stomach; rubbing the limbs with a brush or hard towel; strong vinegar or spirits applied to the mouth, to the temples, or introduced into the nostrils by means of a feather; a clister (or injection to the bowels) composed of one half water and the other half vinegar; sudden aspersions of cold water upon the face or the region of the heart, taking care afterwards to rub the parts dry with hot towels; in short, by currents of fresh air. But the best and most energetic of all these means is, without contradiction, *boiling water*. To use this conveniently and effectually, it must be brought alongside the patient, and a metallic body plunged into it, which is then to be carried alternately and in the following manner over the different parts about to be pointed out.

The bowl of a spoon or a hammer are as good as anything for this purpose, and are extremely convenient. The instrument must be plunged into boiling water, and placed with rapidity upon the sole of one of the feet. After some instants it must be applied to the sole of the other foot; then successively upon the neck, the pit of the stomach, the calves, along the spine of the back, and upon various parts of the head; the application being pursued in this manner until the patient returns to himself, or until the surgeon arrives, who will prescribe other remedies.

The application of the hot iron need rarely be continued beyond one second upon each particular part; that is to say, it should be made to touch the skin but lightly; although in some serious cases it will be found necessary to allow the instrument to remain somewhat longer in contact with the part which it is considered necessary to irritate, in order that a stronger and more lasting impression may be produced.

Should there exist reasons for managing with still more control the delicate susceptibility of the patient, a sheet of paper or a morsel of linen rag may be interposed between the skin and the instrument; but then the latter must be more frequently applied, and allowed to remain longer upon the part.

The very slight and circumscribed burns thus occasioned, of an inch or an inch and a half in extent, are in no respect dangerous, and are unattended with any inconvenience; but, renewed with sufficient frequency, they offer the most powerful agent medicine possesses for awakening sensibility, and reviving the spark of life about to become extinguished.

With this view it is that the method just described is recommended, it being a means so simple and so much within the reach of ordinary persons; it is one which imitates, in short, the happy and salutary effect of mustard poultices, blisters, and the moxa; while it is unattended by the unpleasantness of all those applications.

The moxa is the application of a burning substance to the surface of the body, to act as a counter-irritant in a variety of diseases. The operation for the moxa is usually performed thus:—A piece of German tinder, of the size of a shilling, is dipped in camphorated spirits of wine, and, after being inflamed at a candle, is held, by means of an instrument, in contact with the skin, which becomes burnt, and afterwards forms an eschar.

#### OF THE FIRST ATTENTIONS GENERALLY REQUIRED BY WOUNDS.

The first thing to be done is to wash or gently cleanse the wounds which may happen to be covered with earth, clots of blood, or other foreign bodies. If the blood flows abundantly or disagreeably, the hemorrhage may be stopped by the means already mentioned; and in general it suffices to apply upon the injured part a bit of soft linen, moistened with cold water, and maintained in place by a handkerchief. Should the wound be produced by a slug or ball, or should it be lacerated and considerably contused, nothing remains to be done but to sprinkle the dressing from time to time with cold water.

This is all that it would be necessary to do, if it should be a case of burn.

But if it should be a cut or incised wound, whether from a sabre, hatchet, knife, scythe, or other cutting instrument, there is this precaution always to be taken; namely, to bring into exact contact the edges of the wound, in order that they may unite, and the cure be accelerated. As to the after treatment, it is strictly the affair of a regular surgeon, but every one may be taught to imitate it, by placing the injured limb in such a position that the wound gape as little as possible. The good sense of the attendants, and some little instruction, will suffice to put each in a condition to effect this important object. Thus, the fingers and hands must be closed as when the fist is clenched, if the wound be within, and kept maintained in that position; if, on the contrary, the wound be on the opposite side, the hand must be kept upon the stretch. If the wound be on the bend of the knee or of the elbow, the leg or arm must be bent; or, on the contrary, extended, if it occur upon the knee or elbow themselves.

When the wound is on the neck, the head must be brought to incline toward the side upon which the wound exists.

As a general rule, that position is to be sought for, which will diminish to the greatest degree the extent of the wound, and must be maintained in the best manner possible, after the edges have been brought with great exactitude together.

Such will be the object of the surgeon upon his arrival; but before his presence can be procured, and there is no possibility of constructing the

appropriate bandage, the hands of an attendant should be made to supply the deficiency. It is more especially when wounds occur in the neighborhood of the joints, or when they are accompanied by a division of the bones or sinews, (tendons,) that the edges of the wound should be immediately brought in contact, and maintained so by the means just recommended.

What has already been said of the regimen to be imposed on the patient, and of those attentions which wounds in general demand, is not less applicable to the injuries lastly spoken of, and must be rigorously observed.

Every family ought to be in possession of a large piece of adhesive plaster; as to linen rag, it will in general be readily found. The general directions given above for the first attentions to be bestowed upon a wound, suffice for every case; as to the application of the dressings, the following rules will be found equally to hold good.

There are circumstances in which surgical aid cannot be procured. In such cases persons should be able to conduct the after treatment throughout. We will suppose a common incised wound, from a sharp instrument, in which no large vessel is implicated. The first thing to be done is to cleanse it. The next is to cut a number of strips of adhesive plaster, and prepare some soft linen rag for compresses or pledgets. When these have been prepared, the muscles of the injured parts must be brought into relaxation, the edges of the wound brought into contact, and strips of adhesive plaster, previously warmed, applied so as effectually to maintain them thus. These strips should be placed at distances apart, varying from half an inch to an inch, according to the extent of the wound, so as to allow of the exudation of fluids in the progress of the cure. A light compress or pledget should then be laid over the injury, and a bandage applied to keep the whole in place, and support the action of the sticking plaster. *The bandage may always be constructed by means of a handkerchief, or a piece of linen of the same form, folded to suit the nature of the accident, or the part upon which it is to be applied.*

After the wound has been dressed and the bandage applied, which should always be done rather lightly, to guard against subsequent inflammation, the sufferer should be compelled to observe perfect repose. The process of healing will then instantly commence; but should there be too much action in the parts—that is to say, should inflammation arise and the parts swell—the bandage should be loosened and cold water constantly applied, which will soon restore the parts to a healthy state. Under common circumstances, the first dressing should remain until about the fourth day, when it is to be changed in the following manner. 1st. The *bandage* is carefully to be lifted off. 2dly. The *compresses*, which generally adhere, and require the application for some time of warm water to detach them easily. 3dly. The *plasters*; the ends of which should be first lifted up; and then the person officiating, seizing them with his right hand, (while with the left he presses gently, the thumb on one and the fingers on the other side of the wound, to prevent the uniting edges from being at all disturbed,) raises them perpendicularly, but slowly and gradually, never acting upon more than one plaster at a time. The wound ought then to be gently sponged with warm water, and a fresh dressing applied in the way already stated.

Although strapping be not *rigorously* required in wounds of this charac-



ter, (the bandage sufficing in a great majority of instances, with a compress on each side of the wound,) yet it is unquestionably the most secure method, and particularly in hands not often accustomed to treat such accidents.

Torn or lacerated wounds demand nearly the same treatment, but the dressings require to be put on with the utmost gentleness, and the bandage applied still more lightly. In all cases, of course, the strictest regimen should be observed.

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## CHAPTER IV.

### THE EFFECTS OF THE PRINCIPAL ARTS, TRADES, AND PROFESSIONS ON HEALTH AND LONGEVITY.

*Butchers.*—The atmosphere of the slaughter-house, though sufficiently disgusting to the nose, does not appear to be at all injurious to health. The mere odors of animal substances, whether fresh or putrid, are not apparently hurtful; indeed, they seem to be often decidedly useful. Consumption is remarkably rare among the men employed in the slaughter-house. Butchers are less subject than those of other trades to diseases of the bowels (cholera and dysentery), and are comparatively exempt from diseases considered as infectious or contagious. Still longevity is not greater in them than in those in the generality of employments, who spend as much time in the open air. Butchers are apt to live too highly: not too highly for temporary health, but too highly for long life.

*Brick-makers*, with the advantage of full muscular exercise in the open air, are subject to the annoyance of cold and wet. These, however, appear little or not at all injurious. Brick-makers, half naked, and with their bare feet in the puddle all day, are not more liable to catarrh, pneumonia (inflammation of the lungs), and rheumatism, than men whose work is under cover and dry. Of twenty-two brick-makers of whom we made personal inquiry, only one had been affected with rheumatism, or could state himself subject to any disease. All declare, that neither rheumatism nor any inflammatory complaint is frequent among them. Individuals of great age are found at the employ.

*Coopers* have good muscular exercise. When lads enter the employ, the stooping posture affects the head; and the noise, the hearing. This, indeed, is often permanently, though not greatly impaired. The men are annoyed also by pain in the loins, the result of posture. On the whole, the employment is healthy.



*Tailors.*—Sitting all day in a confined atmosphere, and often in a room too crowded, with the legs crossed and the spine bowed, they cannot have respiration, circulation, or digestion well performed. The employment, we must admit, produces few acute diseases; but disorders of the stomach and bowels are general, and often obstinate. Pulmonary consumption is also frequent. Some of the men state their liability to pains of the chest; but the majority make no complaint. It is, nevertheless, apparent, even from observing only the expression of countenance, the complexion, and the gait, that the functions of the stomach and the heart are greatly impaired, even in those who consider themselves well. We see no plump and rosy tailors; none of fine form and strong muscle. The spine is generally curved. The tailor now sits cross-legged on a board; because, in the ordinary sitting posture he could not hold a heavy piece of cloth high enough for his eyes to direct his needle. Let a hole be made in the board of the circumference of his body, and let his seat be placed below it. The eyes and the hands will then be sufficiently near his work; his spine will not be unnaturally bent, and his chest and abdomen will be free. Old workmen will be unwilling to regard this or similar suggestions; for every man is formed to his habits. If, however, masters and medical men would urge an alteration, and if especially boys apprenticed to the trade were taught to work in the posture recommended, tailors would assuredly become much more healthy.

*Milliners, Dress-makers, and Straw-bonnet-makers* are often crowded in apartments of disproportionate size, and kept at work for an improper length of time. The bent posture in which they sit tends to injure the digestive organs, as well as the circulation and the breathing. The constant direction of the eyes, also, to minute work affects these organs. Sometimes it induces slight ophthalmia (*inflammation of the eyes*), and sometimes, at length, a much more serious disease, palsy of the optic nerve, (*and, consequently, blindness*).

*Shoemakers*, it is well known, are placed in a very bad posture.—a posture second only to that of the tailors. The abdominal viscera, and especially the stomach and liver, are compressed. Lads put to this employ, often suffer so much from headache and general indisposition that they are obliged to leave it; and men who have been able to bear it for years, lose appetite and strength. Digestion and circulation are so much impaired, that the countenance would mark a shoemaker almost as well as a tailor. The secretion of bile is generally unhealthy, and bowel complaints are frequent.

*Curriers and Leather-dressers* are subject to no injurious agent, except the bent posture in the process of “shaving.” This affects the head. The smell of the leather produces no disagreeable effect. The men are generally very healthy; and a considerable proportion live to old age.

Widely different is the account given by Merat.—Curriers, he says, are commonly pale, emaciated, and bloated, affected occasionally with putrid and malignant diseases, and generally with the maladies of debility. He mentions also malignant pustules and carbuncles. He seems to ascribe all these evils to the sickening smell of the skins and leather. The result, however, of examinations confirms the statements in the text. Curriers are good-looking, healthy, and long-lived. The exceptions to be found are almost solely among intemperate individuals.

*Saddlers* are obliged to lean forwards, and are confined to this position. Hence they are subject to headache and indigestion.

*Printers* are kept in a confined atmosphere, and generally want exercise. Pressmen, however, have good and varied labor. Compositors are often subjected to injury from the types. These, a compound of lead and antimony, emit, when heated, a fume which affects respiration, and are said also to produce partial palsy of the hands. Among the printers, however, care is generally taken to avoid composing till the types are cold, and thus no injury is sustained. The constant application of the eyes to minute objects gradually enfeebles these organs. The standing posture long maintained here, as well as in other occupations, tends to injure the digestive organs. Some printers complain of disorder of the stomach and head; and few appear to enjoy full health. Consumption is frequent. We can scarcely find or hear of any compositor above the age of 50.

*Bookbinders.*—Their work is remarkably easy, and keeps no muscles fixed, nor demands excessive action from any. The workmen suffer no annoyance, except occasionally from close atmosphere, and from the smell of the putrid serum of sheep's blood, which they use as a cement, (or rather as a glazing.) The selection of this substance is unwise, since white of egg or other albuminous matter would answer the purpose, without offending the senses.

*Carvers and Gilders* are kept in a confined atmosphere, and often for long periods in a leaning posture. Hence they sometimes suffer from headache. Though the pallid appearance, general among these workmen, indicates a reduction of health and vigor, life is not abbreviated in a marked degree.

*Watchmakers* sit all day with the trunk bent forward. The digestive organs almost always suffer, and the lungs are sometimes affected. The close and continued application also greatly injures the eyes. Many youths apprenticed to watchmaking are obliged to leave the employ, and the individuals who remain, rarely live to old age.

*Smiths* have an employment remarkably conducive to muscular power. The use of the large hammer powerfully excites all the muscles, and especially those of the arms, throwing on them a large supply of blood, and consequently producing their enlargement. Exertion like this, moreover, has a considerable effect on the circulation in general, and the functions with which it is connected. For youths of strong constitution, no labor is better than that of the smith. For those, however, naturally delicate, the exertion is too great, and young men of scrofulous constitutions are particularly liable to sink under the employ. Smiths are subjected to high temperature, and frequent changes of temperature, but with no obvious injury. They are rarely affected with rheumatism and catarrh.

*Cabinet-makers* are generally healthy, though employed within doors. The labor is good; and there is no huriful accompaniment, with the exception of the dust, which is produced by sawing certain kinds of wood.

We will now advert to *employments which produce dust, odor, or gaseous exhalations* :—

*Bricklayers*, and particularly their laborers, are exposed to lime-dust. This frequently excites ophthalmia and cutaneous eruptions, but not internal disease. We hear an adage in the mouth of the workmen, that “*Bricklayers and Plasterers’ laborers, like asses, never die.*”

*Plasterers and Whitewashers*, who are also, of course, exposed to lime-dust, suffer from it no sensible injury. They are, however, more pallid and less robust than the men last noticed.

*Tobacco-manufacturers* are exposed to strong narcotic odors, and in the stoving department to an increase of temperature. Yet the men appear healthy. Here as well as in several other employments, we admire the agency of that conservative principle which nature provides. Men breathe an atmosphere strongly impregnated with a poisonous substance, yet become insensible to its influence. The only ill effect we can find, is from the heat of the stoving department, which some men cannot bear.

*Snuff-making* is more pernicious. The fine dust of the tobacco, combined with muriate of ammonia, and other substances, produces disorders of the head, the air-tubes and the stomach.

We next advert to the employments in which the *substances or odors evolved seem to be beneficial generally or partially*.

*Brushmakers* have a sedentary occupation, but their arms are actively exerted. Some dust arises from the bristles; and sometimes carbonic acid gas is rather freely evolved from the charcoal fire which heats the pitch. But the chief peculiarity of the employ is the vapor of the pitch. This has a sanative effect on bronchial affections, as chronic catarrh, and in some forms of asthma. The workmen are generally free from disease.

*Grooms and Hostlers* daily inhale a large quantity of ammoniacal gas generated in the stables. This appears beneficial rather than injurious. They have, moreover, full and varied muscular exertion.

*Glue and Size boilers* are exposed to strong putrid and ammoniacal exhalations from the decomposition of animal refuse. The stench of the boiling and drying rooms is indeed well known to be highly offensive, even to the neighborhood. Yet the men declare it agrees well with them—nay, many assert, that on entering this employ, they experience a great increase of appetite and health.

*Tallow-chandlers*, subjected to an offensive animal odor, enjoy health, and attain a considerable age. During the plague in London it was remarked that this class of men suffered much less than others.

*Tanners*, it is well known, are subject to disagreeable odors. They work in an atmosphere largely impregnated with the vapor of putrifying skins, and this combined with the smell of lime in one place, and of tan in another. They are exposed constantly to wet and cold. Their feet are scarcely ever dry. Yet they are remarkably robust; the countenance florid; and disease almost unknown. Tanners are said to be exempt from consumption; and the subject has of late been repeatedly discussed in one of the medical societies of London. We have carefully inquired at several tan-yards, and could not hear of a single example of this formidable disease.

We have next to examine a class whose *employments produce a dust or vapor decidedly injurious*.

*Corn-millers*, breathing an atmosphere loaded with the particles of flour, suffer considerably. The mills indeed are necessarily exposed to the air,—the number of men is comparatively small and the labor is good. Yet millers are generally pale and sickly; most have the appetite defective, or labor under indigestion; many are annoyed with morning cough and expectoration; and some are asthmatic at an early age. The preceding

statements do not apply to the men who drive the corn and flour carts, nor to the porters who unload the grain. These persons are little exposed to dust, labor chiefly in the open air, and are generally selected for their muscular power.

*Turning, boring, and grooving wrought iron* present nothing remarkable. But the turning of cast iron is so laborious, that the men can scarcely bear it for the whole of the day. The particles of iron cast off in the process are large, and do not consequently affect the lungs in a sensible and great degree.

*Draw-filing cast iron* is a very injurious occupation. The dust is much more abundant, and the metallic particles much more minute, than in the filing of wrought iron. The particles rise so copiously as to blacken the mouth and nose. The men first feel the annoyance in the nostrils. The lining membrane discharges copiously for some time, and then becomes preternaturally dry. The air-tube is next affected. Respiration is difficult on any increase of exertion; and an habitual cough is at length produced. At the same time, the digestive organs become impaired; and morning vomiting, or an ejection of mucus on first rising, is not infrequent. The disorder varies of course with the constitution of the individual; but the common termination, when men pursue the employment for years, is bronchial or tubercular consumption.

The founders of brass suffer from the inhalation of the volatilized metal. In the founding of yellow brass in particular, the evolution of oxide of zinc is very great. It immediately affects respiration; it less directly affects the digestive organs. The men suffer from difficulty of breathing, cough, pain at the stomach, and sometimes morning vomiting.

*House Painters* are almost constantly subjected to the volatilized oxide of lead. The effects are most immediately felt during the process of "flatting," or finishing the dead colors with turpentine. The exhalation produces first dizziness, and afterwards, in many individuals, vomiting. Painters are unhealthy in appearance, and do not generally attain full age. The more serious and permanent evils of working in paint are colic and palsy.

*Chemists and Druggists* are exposed to various odors, and the evolution of gases, many of which are injurious. Hence the persons employed in laboratories are frequently sickly in appearance, and subject to serious affections of the lungs.

*Civil Engineers, Surveyors, and Architects*, though confined to the desk occasionally, travel frequently through the country, and thus enjoy fresh air and muscular exertion. They are, indeed, occasionally exposed to wet and cold; but these seldom injure persons in motion. Few individuals in this department are unhealthy.

*Clergymen* have a similar alternation of study and exercise. The latter, however, is too gentle or restricted for muscular men. Hence, congestion of the venous system of the bowels is a frequent occurrence. Clergymen who preach long, frequently, or with vehemence, are subject to pains in the chest, spitting of blood, and diseases of a portion of the windpipe.

*Clerks, Book-keepers, Accountants, &c.*, suffer from confined atmosphere, and a fixed position. Spending most of the day in one apartment, they breathe impure air. Their muscles are distressed by the maintenance of one posture, and they especially complain of pain in the chest. The digestive organs suffer most; a fact apparent even from the countenance

and tongue. The circulation is imperfect. The head becomes affected ; and though urgent disease is not generally produced, yet a continuance of the employment in its full extent, never fails to impair the constitution, and render the individual sickly for life. The simple and effectual remedies are fresh air, and full muscular exercise.

*Schools* demand our particular attention. Children are crowded in rooms of disproportionate size. The air, consequently, is greatly contaminated, and the vital power is more or less reduced. Even where attention is paid to ventilation, the evil must, in a greater or less degree, exist in large schools. Children, and very young children, are kept, too, for many hours daily, in a state as nearly motionless, as it is possible for the masters to produce. The time devoted to amusement is much too little. Instead of two or three hours a day being allowed for play, only two or three hours a day should be devoted to confinement and labor. To fix a child in a particular posture for hours, is vile tyranny, and a cruel restraint on nature.

Young ladies especially suffer from habits of schools. Their exercise is much too limited. Full romping exercise, exercise which brings all the muscles into play, is discouraged. It is vulgar to use the limbs as nature designed ; it is vulgar to take the food which nature requires ; and young ladies must not do anything that is vulgar. Sitting, moreover, for hours at needlework, or in learning what are called accomplishments, they leave a numerous class of muscles wasting for want of exercise. The muscles of the back are especially enfeebled,—and the spinal column in youth, comparatively soft and flexible, bends under the weight of the head and arms. The spine yields, because the muscles, which closely connect the bones, and by their action keep them in a proper line, are too weak. We are often asked, why are spinal complaints so common ? We answer, that a principal cause is the want of full exercise ; we say that young persons are obliged to acquire what is of little or no use in after life, while they neglect what is necessary to the establishment of the body in health and vigor : in short, we have daily to lament that muscular exercise is so often sacrificed to accomplishments and to learning. If it be asked why are girls more subject to distortion than boys, we reply, because they do not romp like boys. The amusements of boys are far more active than sedentary ; those of girls are more sedentary than active. Several hours a day they must devote to music, and frequently a considerable time to the more injurious occupation of drawing ; most of the remaining day they spend in finger occupations. Little time is devoted to exercise in the open air, and the exercise they do take is such as to chill, rather than invigorate the circulation.



## CHAPTER V.

### ON BRUISES.

A SLIGHT bruise is of little consequence, and requires no particular attention ; but when severe, it demands proper treatment. A severe bruise is followed by swelling and discoloration of the injured parts, as is exemplified when a blow is received on the eye, which causes what is commonly called a " black eye." The extensive discoloration which, in many cases, arises from a bruise, alarms some patients ; this is, however, a favorable sign. Danger arises in consequence of blood escaping from vessels in particular situations, and not from the quantity discharged. Hence, a small quantity effused into the brain, in consequence of a blow on the head, or into the chest or belly, from a similar cause, will endanger life, and probably cause death ; while a large quantity thrown loose under the skin, causing extensive discoloration, may be rapidly absorbed without much inconvenience to the patient. A severe blow received on a large joint always produces serious consequences ; and a blow on the lower part of the belly may burst the bladder, if it happen to be distended with urine at the time, and cause death.

TREATMENT.—The first thing to be attended to in treating a bruise is to prevent inflammation. Cold lotions should be constantly applied to the parts. The sooner they are employed the better. When resorted to early, they are not only useful in keeping off and subduing inflammation, but tend also to prevent the further effusion of blood from the lacerated vessels. The best lotions are those in common use, namely, Goulard water and vinegar, or spirits and water. When the bruise is slight, and the injured parts kept at rest, no other treatment than this will be required. But if inflammation comes on in consequence of a severe bruise, leeches ought to be repeatedly applied, low diet strictly adhered to, and the bowels freely opened by occasional doses of cooling purgatives. Quiet is necessary. The inflammation which arises from a bruise seldom terminates in suppuration ; but, if the formation of matter appears inevitable, the cold lotions should be discontinued, and warm poultices applied.

If the above means have had the effect of preventing or subduing inflammation, apply friction with opodeldoc, the compound camphor liniment, or sal-ammoniac, half an ounce, vinegar and spirits, of each twelve ounces, mixed.

The pouring of cold water from a hight on the bruised parts, two or three times a day, is one of the best remedies that can be used. Pressure by the application of a bandage rolled round the parts is also an excellent treatment. It ought to be observed, however, that the employing



of these stimulating applications, before the inflammation is entirely subsided, would be highly improper. A common, though a decidedly wrong practice, is to apply leeches when there is no inflammation present, under the mistaken idea that they abstract the effused blood; but, instead of doing any good in this state of the parts, they would only tend to increase the weakness of the skin which the injury has caused, or their bites might give rise to extensive inflammation.

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## CHAPTER VI.

### CANCER.

ALTHOUGH the most enlightened and skillful men regret their utter ignorance of any means of eradicating this formidable malady, empirics are everywhere to be found, who boast of being able to cure this disease by secret remedies, which they pretend to have discovered; and thus live by deceiving the ignorant and unfortunate individuals who, with that clinging to life so natural to every one, resort to them in the vain hope of being cured.

Cancer is a disease common to both sexes, but women are more subject to it than men. It is not often seen in people under twenty-five years of age, and very rarely before the age of puberty. Women are most frequently attacked after the menstrual discharge has entirely ceased; but it often occurs in men at an earlier period of life. It may attack any organ of the body; but in women the *breast* and *womb*, and in men the lower lip, stomach, liver, and testicles, are the parts most frequently affected.

The exciting causes of cancer are *general* and *local*. The most frequent *general* causes are low diet, abuse of spirituous liquors, excess in venery, long-continued trouble of mind, the depressing passions generally, and the suppression of any habitual discharge, such as the menstrual secretion, or the discharge from piles. The most common *local* causes are blows, or other local injuries, undue pressure and repeated and long-continued irritation; but in many cases no cause whatever can be traced. The general opinion, however, is, that none of these causes could have any effect in bringing on cancer unless the system were previously disposed to the complaint; but of the nature of this predisposition we know nothing.

#### CANCER OF THE FEMALE BREAST

Is by far the most common of all cancerous affections; and the period at which it is usually observed is between forty and fifty years of age.

It is often a very difficult matter to distinguish between other tumors of the breast and those resulting from the first stage of cancer. The symptoms, however, the most characteristic of a cancerous tumor are, its constant progress, great hardness, irregular shape, and unequal, lobulated, or knobbed surface; the darting or lancinating pains (though similar pains are sometimes felt in other tumors;) and, at a more advanced period, the dusky leaden color and puckered appearance of the skin, and its attachment to the tumor. When a tumor of the breast is felt fluctuating, and the skin is changed in color and feels hotter than natural, it is certainly not of a cancerous nature. Cancer of the breast is influenced by the menstrual discharge; during three or four days prior to its occurrence, the pain in the tumor increases, and it is much relieved for several days after that discharge has ceased. An indurated tumor of the breast may exist for years without giving any pain or uneasiness, until the entire cessation of the menses, at which period it becomes increased in size, very painful, acquires all the characters of cancer, and goes on rapidly to a fatal termination. But when the tumor does not appear until some years after that period, and more particularly if not till after sixty years of age, it usually progresses slowly, and is very little painful.

**TREATMENT.**—Many tumors of the breast are not of a cancerous nature, are harmless, and may be cured by very simple means. Yet they ought all to be looked upon with the greatest suspicion, particularly if they have originated without any known cause, or have existed for any length of time. No female, on detecting any unnatural hardness in her breast, should rest satisfied until the necessary means have been adopted to get rid of it. There can be no greater folly than to trifle with a tumor of the breast, whether it may have arisen from a blow, or from a milk abscess, or any other cause. Tumors of that organ, though simple, and in no degree malignant at their commencement, may, if neglected, degenerate into cancer. A tumor of the breast may be of long standing, without having declared itself sufficiently to allow one to know whether it be of a cancerous nature or not; nor can we be sure that this is not the case, until the means used to disperse it have been successful. Many, on detecting a tumor in the breast, let it alone, because they feel no pain or uneasiness; some conceal it for years, from a feeling of false delicacy, and others from a dread of the knife, until, at length, they become alarmed by the increase of bulk, and the stinging pain which it occasions; and then, in all probability, the disease is beyond the reach of treatment.

Any external violence done to the breast may cause a tumor more or less extensive and painful. In this case, apply six or eight leeches to the part, with the constant cold lotions of vinegar and water, or spirits and water. But when the part remains hard, after the pain and inflammation have been removed, ointment with camphor, or iodine ointment, will be found the best means of promoting absorption. The iodine ointment is preferable when there is reason to suspect that the system is tainted with scrofula. It is prepared in the following manner:—

Iodine,  $\frac{1}{2}$  a dram: Iodide of Potash, the same quantity; Rectified Spirit of Wine, 1 dram; Lard, 1 ounce. Mix.

The camphorated ointment is made by mixing half a dram of camphor with an ounce of mild ointment. About the size of a nut of either of these ointments should be rubbed gently over the part, night and morning,

continuing the friction a quarter of an hour or twenty minutes each time. The patient's bowels are to be kept open with rhubarb and magnesia, or any other gentle laxative, with decoction of sarsaparilla. This treatment may be adopted in every doubtful case, whether the induration have existed for weeks or years. Besides, at an early period, before the tumor has adhered to the skin, the operation can be performed with great ease, in a short time, and with very little pain; whereas, if it be allowed to advance until the skin becomes puckered and discolored, and the glands in the arm-pit affected, there would be little or no chance of success from an operation. The system is then too deeply contaminated with the cancerous poison, and the disease would either re-appear at the breast, or somewhere else.

We have several palliatives, the most valuable of which is certainly *hemlock*. The dose of the extract of hemlock should not be more at first than three grains, formed into a pill, and given night and morning, an hour, or an hour and a half before eating; the quantity to be gradually increased to twenty-four grains in the course of the day, or until it produce slight giddiness. The diet during this, or any other treatment, should be moderate in quantity, and easy of digestion. Stimulating food, with fermented liquors, would do as much mischief as the method adopted by some of almost starving the patient. Fomenting the breast with a decoction of the leaves of hemlock, or of henbane, and the application of poultices of the fresh leaves, or of the dried leaves softened with boiling water, have often an excellent effect in soothing the pain, when used moderately warm. Sir Astley Cooper recommends a drain of the *extract of beladonna* rubbed down with an ounce of soap-cerate, to be applied to the part. When hemlock begins to lose its effect, the extract of aconite and the extract of henbane, remedies possessed of similar virtue, when given in the same doses, and continued in the same manner, may be substituted for it with great advantage. Sometimes, however, all these remedies fail, and then it becomes necessary to have recourse to opium, or some of its preparations. A grain of solid opium may be given as a dose to begin with. A quarter or a half a grain of acetate of morphia, will answer the same purpose. The dose of these opiates must of course be gradually increased; and as opium tends to constipate the bowels, the latter ought to be carefully attended to.

It is of the greatest importance that females attend to the state of the menses. From the intimate connection which exists between the functions of the womb and breast, any irregularity in the monthly discharge is sure to be attended with an aggravation of the symptoms of cancer in the breast.

In the open or ulcerated stage of cancer, nothing more can be done, besides alleviating the pain by the narcotic remedies already mentioned, than to diminish the smell and check the bleeding, which sometimes comes on in consequence of the corrosion of the blood-vessels. Carrot poultices have been long in very general use for the purpose of diminishing the smell and soothing the pain. A similar effect may be derived from finely powdered charcoal mixed with poultices of linseed or marsh-mallow, or from washing the sore occasionally with a weak solution of the chlorate of lime or of soda. The carbonate (or rust) of iron made into a thin paste with water, and applied over the sore, is beneficial. Some patients find relief from dressing the ulcer with an ointment com-

posed of a dram of powdered opium, mixed with an ounce of lard or spermaceti ointment. The sore should be dressed more or less frequently, according to the extent of the discharge; but expose it as little as possible to the air. When bleeding takes place, a piece of sponge should be applied, with some dry lint between it and the sore, to be secured with a moderate degree of pressure, by means of a bandage.

The treatment then consists in mitigating the pain, and tranquilizing the nervous system, by means of hemlock and other narcotics; in dressing the sore with emollient and soothing applications; in supporting the patient's strength by light nutritious diet, easy of digestion, and by the administration of tonics, the most suitable of which are *quinine* and the *carbonate of iron*; half a grain of the former, or three grains of the latter, to be given three times a day, in conjunction with the extract of hemlock.

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## CHAPTER VII.

### WARTS.

THE excrescences from the skin, called warts, may appear on any part of the body; but they occur most frequently on the hands.

Warts have sometimes narrow necks, more frequently broad bases; they may be quite superficial, or attached to the parts beneath by roots; their surface is smooth, or rough and fissured; and they are not in general painful, unless when bruised or otherwise injured. The popular opinion that warts may be propagated by the blood, which they sometimes discharge when rubbed or roughly touched, is incorrect; but, it appears probable that the matter secreted by soft warts, is capable of producing a similar affection in other persons.

TREATMENT.—Warts frequently disappear without treatment, but in many cases they increase in size, become troublesome, and require to be removed. Soft warts may be readily destroyed by applying the *tincture of steel* to their surface, or by anointing them daily with *mercurial ointment*. The best method of removing hard warts, is to cut them off with a knife or scissors, and then apply caustic to destroy their roots. These excrescences may be destroyed by touching them repeatedly with *lunar caustic*, *blue vitriol*, or *nitric acid*; or they may be effectually removed by the application of the *chloride of zinc*. A wart with a narrow neck may be easily destroyed by fastening round it a silk thread or a horse-hair. After it drops off, the root should be touched with caustic, to prevent it from growing again. The best application for destroying warts about the anus or genital organs, is a powder composed of equal parts of the powder of *savine-leaves* and *verdigris*.

## CHAPTER VIII.

### DELIRIUM TREMENS.

THIS disorder arises from excess in drinking spirituous liquors, or from the abuse of opium; rarely from other causes. It comes on generally after a debauch, or in drunkards, in consequence of giving up their accustomed stimulus too suddenly. In some cases delirium is the first symptom observed; but in general there are certain premonitory signs, indicative of its approach. The patient is restless, peevish, and cannot sleep sound; his manner becomes hurried and abrupt; and he appears low-spirited. After remaining some time, perhaps two or three days or a week in this state, his ideas become confused, he bustles about as if he had more business to do than he could manage, he is exceedingly restless, and there is an appearance of wildness in his countenance. The characteristic symptoms of the disease then begin to declare themselves; the hands, and sometimes the whole body, are in a constant state of tremor, the tongue is also tremulous, and there is a twitching motion of the tendons at the wrist. If the patient sleep it is only for a short time; he awakes suddenly, alarmed by some frightful dream. At length the mind becomes affected, he fancies that there is some mischief plotting against him, or that his affairs are going wrong, and is constantly talking about them. When the delirium is fully established he cannot sleep, and attempts frequently to get out of bed. If he escape from his apartment there is no difficulty in leading him back to bed, if he be spoken to quietly; but if thwarted he becomes exceedingly suspicious, accuses those near him of having some mischievous design against him, and struggles to get away. The hallucinations attending this disease are always of a desponding character; the patient fancies that he is attacked by robbers, and struggles as if he were defending himself, or he supposes that a swarm of bees are hovering round him, and he moves his arms as if he were driving them away.

It is of the utmost importance that delirium tremens should not be mistaken for inflammation of the brain, inasmuch as the treatment required for the latter would produce the worst effects in the former disease, which is to be distinguished from other affections of the brain by the absence of pain, the trembling of the hands and tongue, the starting of the tendons at the wrists, the peculiar character of the delirium, and the knowledge of the previous habits of the patient. On the other hand, a patient with inflammation of the brain has a strong full pulse, hot skin, flushed face, red eyes, dry and red tongue; he suffers from a distressing intolerance of light and sound; and the delirium is generally furious.



The length of time required by delirium tremens to run its course is very uncertain, but it generally terminates within a week, and is not a dangerous disease when judiciously treated.

TREATMENT.—Several theories have been formed relative to the nature of this affection, but there is only one opinion entertained by those who have had frequent opportunities of observing it, with regard to the treatment which ought to be adopted. The principal aim should be to procure sleep, and, for this purpose, *opium* has been found the most suitable remedy; indeed, it may be said to be the only medicine required in the treatment of this disease. Some practitioners give the opium in small and frequently repeated doses, others in much larger doses at longer intervals; if the case be mild, and the treatment commence early, a smaller quantity will be required than in cases where there is much irritability, and the disease has continued for some time; in the former case, from fifteen to twenty drops of *laudanum*, or a grain of opium may be given every four hours; and in the latter, three grains of opium, or from fifty to sixty drops of *laudanum*, should be given regularly every six hours, until sound sleep be procured. If it happen that the patient, after sleeping a short time, awakes suddenly in a state of great alarm, the dose of *laudanum* or opium should be immediately repeated, for the patient cannot be considered out of danger until he has slept soundly during several hours. We have known patients to sleep from twelve to fifteen hours, and then awake almost well; but in general, after sleeping during a longer or shorter period, the tremulous motion of the hands and tongue may still be observed, and the patient complains of being weak; it is, therefore, advisable to continue the opium in smaller doses during at least twenty-four hours longer. If the bowels be constipated, which is seldom the case, two or three drams of the tincture of rhubarb, or of senna, may be given. But active purging would be improper. This is a disease of debility, and there is, therefore, no necessity for starving the patient; but, in general, there is very little appetite. If he request to be allowed to drink brandy or gin and water, or whatever stimulus he has been in the habit of taking, it is better to give him a moderate quantity occasionally than to let him fret and be annoyed in consequence of refusing this indulgence. Patients have been known to become quite outrageous from not being allowed to drink spirits, and, after being indulged with a glass of brandy and water, preceded by a dose of opium, have fallen fast asleep perfectly satisfied; and, after sleeping eight or ten hours, have got up quite free from delirium; but there is no necessity for indulging the patient with spirits or wine unless under the circumstances we have just mentioned. Opium alone is quite sufficient to effect a cure.

It occasionally happens that stout plethoric individuals, when attacked with delirium tremens for the first time, have a quick full pulse, hot skin, flushed face, and other feverish symptoms; in such cases, besides giving opium in the manner already directed, we must administer tartar emetic as follows:—

Tartar Emetic, 3 grains; Compound Tincture of Lavender,  $\frac{1}{2}$  an ounce; Water, a pint. Mix.

Two or three tablespoonful of this mixture are to be given every hour, or oftener, in order to keep up a slight degree of nausea. Blood-letting should not be had recourse to in this disease under any circumstances, not



even when it is associated with inflammation of the lungs, or any other organ. In the event of such a complication, which does not often take place, the lowering action of the tartar emetic will have the effect of moderating the inflammation, so as to allow it to be conducted to a safe termination. The last case of this disease that came under our notice proved fatal in consequence of blood-letting. The patient, a stout young man, lived at an obscure village, a considerable distance from the residence of the nearest medical man; his friends, finding him delirious, and incapable of sleeping, became alarmed, and sent during the night for the village blacksmith, who, supposing that he had "brain fever," bled him until he fainted. The medical man, who attended the following morning, found him in a state of exhaustion, from which he could not be roused by the most powerful stimulants; and when we saw him, he had low muttering delirium, convulsive movements of the limbs, and other bad symptoms, indicating the near approach of death. The brain and its membranes were carefully examined, but not the slightest trace of inflammation could be detected.

Soldiers and sailors are often attacked by this disease in warm climates, where we have met with several cases, in which it was accompanied by diarrhea, or looseness of the bowels, a complication which is soon followed by great debility. The treatment here consists in giving chalk mixture, with laudanum, the latter remedy being always looked upon as our sheet-anchor.

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## CHAPTER IX.

### TOOTH-ACHE.

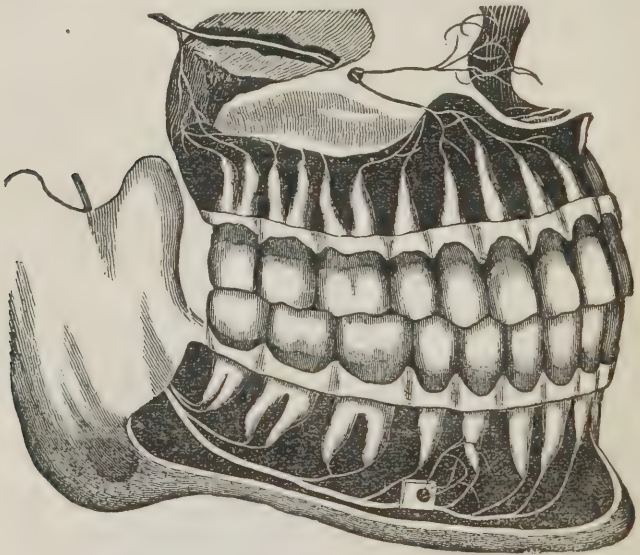
SOMETIMES the pain may be relieved immediately, by the application of a little creosote, or by a little strong nitrous acid mixed with three or four times its weight of spirit of wine, introduced into the hollow part of the tooth, by means of a hair pencil or a little lint. But when the irritation extends to the periosteum, or fibrous membrane which envelopes the tooth and lines its socket, the pain becomes permanent and exceedingly distressing. The treatment in this case consists in the employment of warm fomentations of poppy-heads, blistering behind the ear, and drawing blood from the gums. When, by these means, the inflammation is subdued, and the pain in a great measure relieved, the tooth should be extracted; or, when the pain and inflammation have entirely subsided, the cavity should be filled with gold, zinc, tin foil, or whatever substance an experienced dentist may deem the most appropriate. But this process must not be too long neglected, nor employed while the slightest degree of pain is felt in the tooth.

A tooth much decayed and often attended with pain, should certainly be extracted. This measure should also be adopted when a fungous growth begins to spring up in the hollow part of the decayed tooth. But when a tooth decays to a certain extent, and then remains stationary, without occasioning pain, it may be serviceable for many years, and ought not, therefore, to be rashly interfered with.

Rheumatism sometimes attacks a decayed tooth, and gives rise to pain in the gums, face, and jaws. When tooth-ache results from this cause, blisters should be applied behind the ears, Dover's powder in doses of twelve or fifteen grains taken at bed-time, and the patient should confine himself to low diet until the inflammatory action subsides.

Tooth-ache is sometimes intermittent. For example, it may come on every night and wear off towards morning; and this sometimes occurs in teeth apparently sound, or only slightly decayed. In all such cases the tooth should not be removed until a fair trial has been given to quinine, as recommended under the head of ague.

The pain which arises from cutting the wisdom teeth (so called) may be relieved by scarifying the gums, taking cooling saline purgatives, and living abstemiously.



THE TEETH—THEIR NERVES ORIGINATE FROM THE  
BRAIN.

Personal cleanliness is chiefly effected by a frequent change of dress, but is much increased by ablutions of different parts of the body daily with water. The teeth ought to be cleansed after every meal, as the refuse of the food settles about them, rapidly becomes putrid, and proves injurious to them as well as to the gums. Every morning the tongue should be cleansed, and the throat be well gargled, and washed out with water.

The teeth are apt to become incrustated with tartar, which, in time very much injures the enamel with which they are coated externally; it should not, therefore, be suffered to collect, but be removed from time to time. They should be washed every morning with a small piece of sponge, or very soft brush, dipped in cold water, joining occasionally the powder of charcoal. If any of the teeth have a tendency to caries or rottenness, or the gums are spongy and bleed, the mouth may be washed with equal parts of the tincture of myrrh and bark, somewhat diluted with water.

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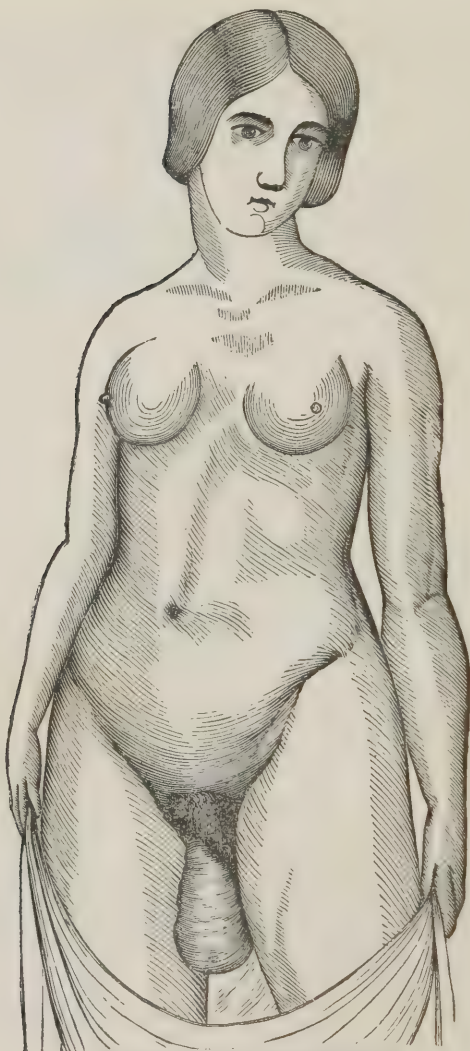
## CHAPTER X.

### FALLING AND PROTRUSION OF THE WOMB.

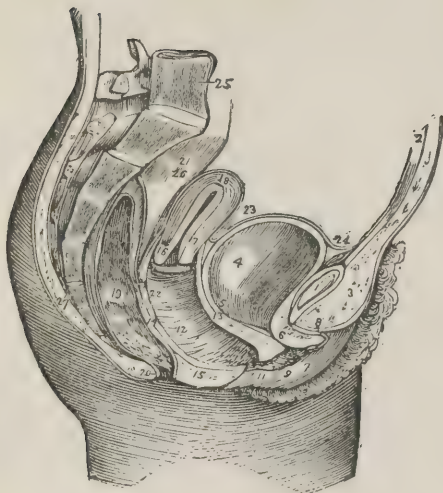
[See plate, page 454.]

**FALLING DOWN OF THE WOMB.**—When this is the case there is a sensation of something coming from the person. It begins early in pregnancy, and disappears about the fourth month. Rest is about the best remedy.

**PESSARIES** will be found very serviceable when the right kind are employed; I find none to answer so well as *sponge pessaries*. When there is protrusion of the uterus, it must be returned skillfully and carefully, by an experienced person, and retained by the same mechanical means as for falling of this organ.



PROTRUSION OF THE UTERUS.



## INTERNAL FEMALE ORGANS OF GENERATION.

## EXPLANATION OF PLATE.

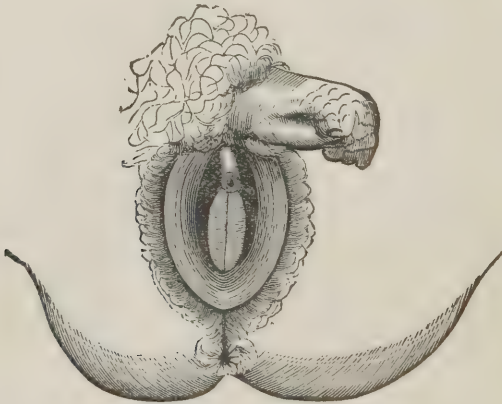
*A side view, showing a portion of the Internal Female Organs of Generation.*

1, Symphysis pubis; 2, abdominal parietes; 3, the fat forming the mons veneris; 4, the bladder; 5, entrance to the left ureter; 6, canal of the urethra; 7, metus urinarius; 8, the clitoris and its prepeuce; 9, the left nympha; 10, the left labium majus; 11, the orifice of the vagina; 12, its canal and transverse rugæ; 13, the vesico-vaginal septum; 14, vagino-rectal septum; 15, section of the perineum; 16, os uteri; 17, cervix uteri; 18, fundus uteri; 19, rectum; 20, anus; 21, upper portion of the rectum; 22, recto-uterine fold of the peritoneum; 23, uterovesicle reflection of the peritoneum; 24, peritoneum reflected on the bladder from the abdominal parietes; 25, last lumbar vertebra; 26, sacrum; 27, coccyx.

## CHAPTER XI.

### ENLARGEMENT OF THE CLITORIS—(FALSELY CALLED “HERMAPHRODISM.”)

THE clitoris sometimes takes upon itself a preternatural growth, the consequence of disease, and has been known to acquire an enormous size, for a body originally so minute. In the fifth volume of the *Medical and Physical Journal*, for instance, there is an account of the amputation, by Mr. Simmons, of one which measured nine inches in length, fourteen in its largest circumference, and five around its stem: the preparation is, I believe, in the possession of my friend, Dr. Hugh Ley. The specimen which I now present to you measures about five inches in length, and is proportionably large in circumference. This elongation has given rise to the idea of the existence of hermaphrodisism.



A SINGULAR CASE OF ENLARGED CLITORIS.



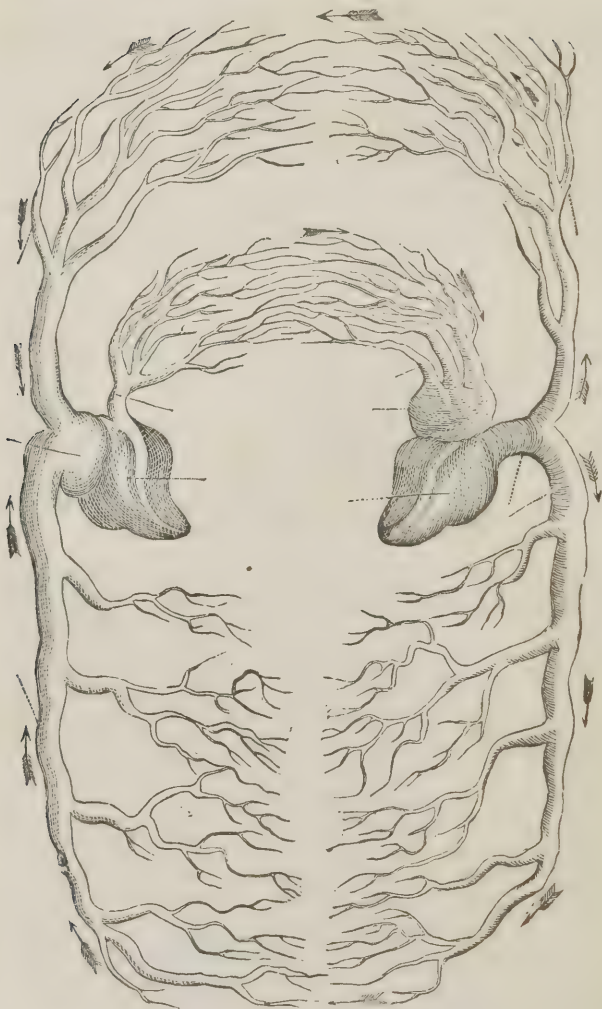
Elongation of the clitoris is more frequent in the tropics than in Europe. The enlargement usually takes place in elderly women, and is generally the consequence of carcinomatous action, under which the organ becomes inflamed, indurated, ulcerates upon its surface, and fungi shoot up from the bottom of the sores, giving to the tumor an irregular, knotty, cauliflower appearance: in its progress it is attended with great pain, and some danger, in consequence of the loss of blood which occasionally bursts out from its surface; considerable debility is also induced by the ichorous discharge secreted by its vessels.

We cannot expect medicine will possess any influence over this disease, and excision is the only remedy we know of; but I think it would not be easy to persuade a patient to submit to the removal of the enlarged mass.

## CHAPTER XII.

### PLAN OF THE CIRCULATION.

"In this *ideal* plan of circulation in the mammalia, the arteries and veins are *supposed* to be thrown into continuous chains, with the capillaries as their connecting links. In describing this plan, we shall commence with the veins. It will be seen that they gradually unite, until those coming from above, and those from two large vessels, (*vena cava*,) that empty themselves into the upper cavity of the heart on the right side, called the *right auricle*. From the contraction, or drawing together of the auricle, the blood easily passes downward into the next cavity, called the *right ventricle*; and this, which is still more powerful, also in its turn contracting upon the blood, sends it through the vessel called the *pulmonary artery*; it is plain, however, that if nothing hindered it, the blood could as easily go back into the right auricle, as forward into the pulmonary artery; but this is effectually prevented by a valve that is placed between the right auricle and the right ventricle, and which allows the blood to enter, but prevents it going back. Another valve, which acts in a similar manner, is placed in the mouth of the pulmonary artery, so that the blood, by successive contractions of the ventricle, is forced to go forward into the lungs. Here it becomes purified, and is sent by the *pulmonary veins* to the *left auricle* of the heart and passes on the other side into the *left ventricle*. This last is the most powerful of all the parts described, as it is required to propel the blood into the vessel called the *aorta*, and from it into the whole body. Valves are placed on the left side, which have similar action and appearance to those on the right side. Those between the auricles and ven-



VIEW OF THE CIRCULATION OF THE BLOOD.—THE HUMAN  
HEART IS DOUBLE.

tricles are called *cuspid*, that is, pointed valves, on the right side, from having two points, *tricuspid*. Again, those at the mouth of the artery and aorta are, from their shape, called semicircular valves.

"It must be manifest from considering these arrangements, that the amount of blood and air brought together in the lungs must be very great. The whole extent of the air tubes in man, taken collectively, has been calculated by Hales at about 29,000 square inches, and by Monro at twenty times the surface of the human body. The branches of the pulmonary artery, which ramify upon this surface, are so twined and interlaced, that they have received the name, from anatomists, of *the wonderful net-work*. While the air that is received into and repelled from the lungs, and consequently brought in contact with its air tubes and blood vessels, cannot be less, in an ordinary man, than between three and four thousand gallons daily."

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## CHAPTER XIII.

### DIGESTION.

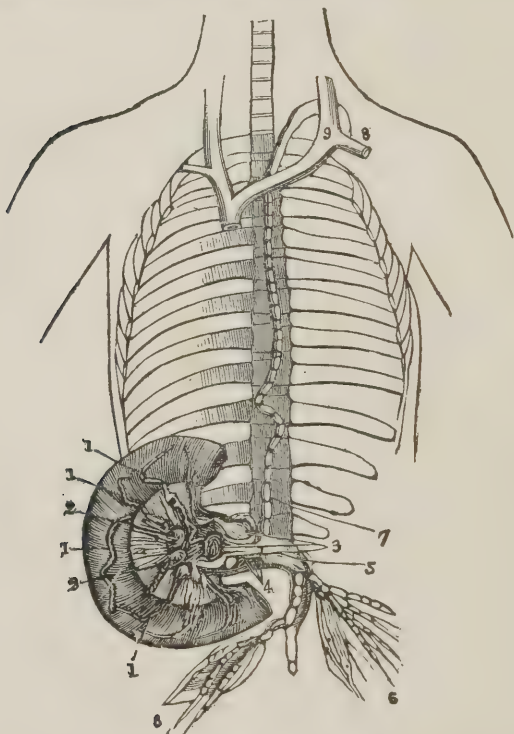
THE food having been sufficiently divided, by the action of the teeth and saliva, passes in the form of a pulp through the esophagus into the stomach. Still retaining its peculiar properties, the food gently irritates the inner coat of this organ, and occasions a contraction of its two orifices. Thus confined, it undergoes a constant agitation by means of the abdominal muscles, and of the diaphragm in breathing, and by the motion of the muscular fibres of the stomach itself. By these continual movements every part of the food is exposed to the action of the gastric juice, which has the power (as water dissolves sugar) of farther dissolving it, before it passes into the intestines. During this operation, mild and pleasing sensations are felt, owing to the gentle stimulus of the food against the sensitive nerves of the stomach, and the increased action produced in other parts by the presence of the new chyle. To the irritation of these nerves, by the gastric juice when the stomach is empty, are to be attributed those sensations of hunger, which are providently implanted to warn us that the stock of aliment is exhausted, and that the system needs a fresh supply.

### CHYLIFICATION.

The aliment having remained until converted into a pulp, called chyme, passes out by the right orifice of the stomach into the intestinal canal. Here, as the digested food passes along the mouths of the ducts opening into the intestine from the liver and pancreas, it stimulates those ducts; the

chyme receives a full supply of bile and saliva, and is further animalized by a mucus which mingles with it from innumerable exhalent arteries.

Thus diluted and mixed with juices, the chyme is in part changed in the small intestines into a milk-like fluid called chyle, which is separated



THORACIC DUCT.

1, Lacteal vessels emerging from the mucous surface of the intestines. 2, first order of mesenteric glands. 3, second order of mesenteric glands. 4, the great trunks of the lacteals emerging from the mesenteric glands, and pouring their contents into 5, the receptacle for the chyle. 6, the great trunks of the lymphatic or general absorbent system, terminating in the receptacle of the chyle. 7, the thoracic duct. 8, termination of the thoracic duct at 9, the angle formed by the union of the internal jugular vein with the subclavian.

from the general mass, as it passes slowly along the intestinal tube, where this milky fluid is absorbed by numerous small vessels called lacteals, and the excrementitious remains are carried down the canal, to be discharged from the body.

#### COURSE OF THE CHYLE TO BE MIXED WITH THE BLOOD.

The intestines, as we have observed, are generally five or six times the length of the body, and their internal surface is increased by the plaiting of its internal coat. From a large proportion of this great surface the new formed chyle is constantly absorbed by the lacteals, which are minute, transparent vessels, arising in infinite number from the inner surface of the intestines.

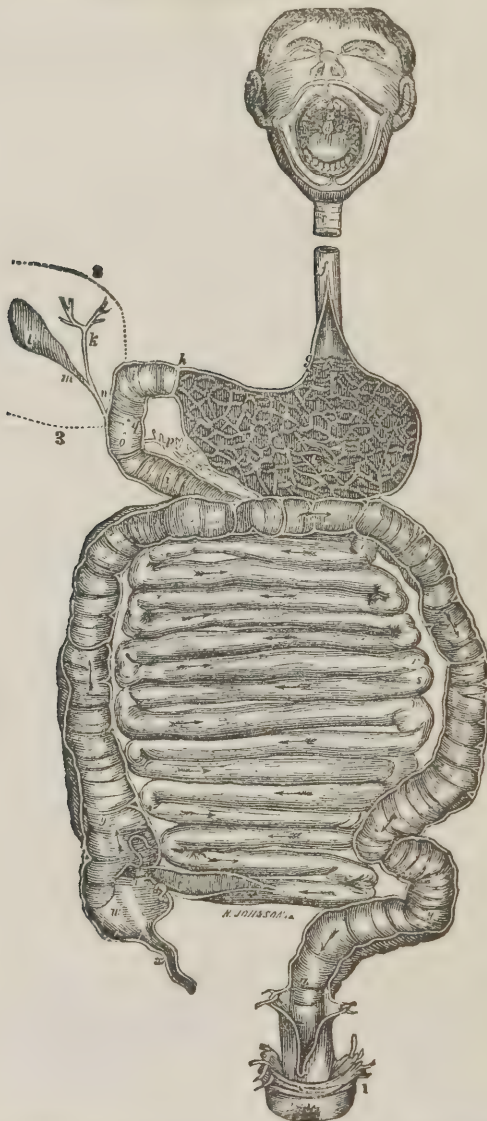
These vessels imbibe their chyle by absorption; for this nutritious fluid being pressed against their mouths, in the various motions of the intestine, acts as a stimulus, when these delicate and highly sensitive organs contract, and propel the fluid forward beyond the first set of valves, which prevent its return. It would seem, however, that those orifices of the lacteals act by some other power besides capillary attraction, inasmuch as they select the chyle from the rest of the chyme, and do not take up some fluids that have been introduced into the intestines for the purpose of experiment. Thus the lacteals perform absorption in the same manner as do the lymphatics; nor is there any difference in the construction or functions of these vessels. There is however a difference in the color of the fluids which they convey.

From the intestines the lacteal vessels convey the chyle along the membrane called mesentery, which extends from the intestine to the spine, to sustain the former in its proper place. Here they may be easily seen in an animal killed two or three hours after feeding, for then they are distended with the new, white chyle, which is going forwards into the circulation. Passing through this membrane, the lacteals run onwards to the thoracic duct. Into this duct the lacteals empty their contents. Soon after, mixing with the lymph, conveyed to this tube from the various parts of the body, both fluids are carried along the thoracic duct to its opening into the vein, and there are poured together into the circulation. Before it reaches the thoracic duct, the chyle enters one or more glands, where it undergoes some unknown change. These glands are attached to every part of the absorbent system, more especially to the lacteals. They are very numerous at the root of the mesentery.

The chyle now mixing with the blood becomes soon assimilated. From the vein where it enters, it is carried directly to the right side of the heart, whence it is propelled into the lungs, to imbibe the oxygen or vital portion of the atmospheric air, and to part with some of its carbon; returning to the heart again, now formed into perfect blood, it is forced by the left side of this organ along the arterial tubes, to distribute life and health to every part.

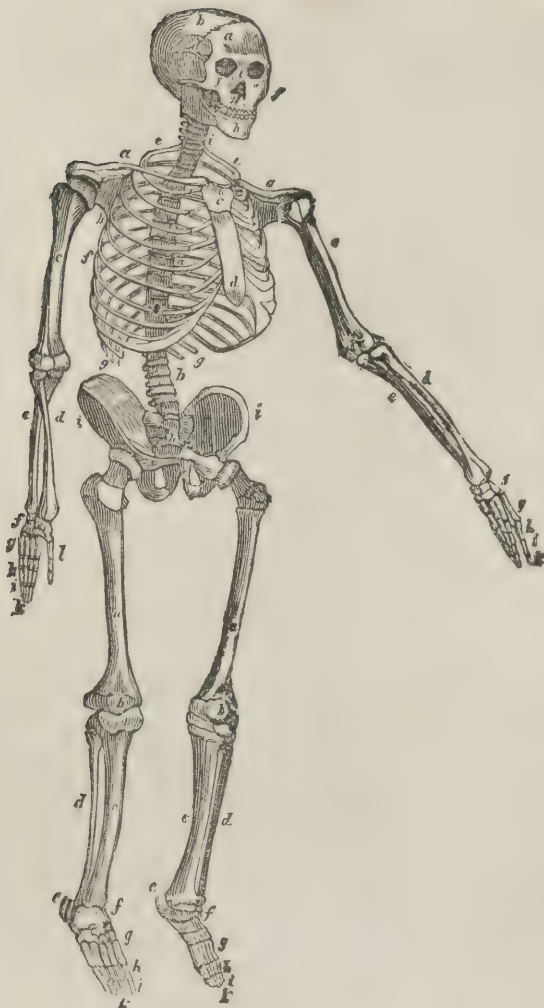
[ See plate on page 462.]

*f*, Esophagus or gullet; *i*, the stomach; *h*, the pyloric orifice, where the food enters the intestines; 3 3, external rim of the liver; *k*, the hepatic duct; *m*, cystic duct; *n*, common duct, formed by the union of the two; *j*, gall-bladder. The arrows represent the intestines, with the course of the food.



INTERNAL VIEW OF THE DIGESTIVE APPARATUS.





THE SKELETON

[See plate on page 463.]

*Head and Neck.*—*a*, the frontal bone; *b*, the parietal bone; *c*, the temporal bone; *d*, a portion of the sphenoid bone; *e*, the nasal bone; *f*, the malar, or cheek-bones; *g*, the superior maxillary, or upper jaw; *h*, the lower jaw; *i*, the bones of the neck.

*Trunk.*—*a*, the twelve bones of the back; *b*, the five bones of the loins; *c, d*, the breast-bone; *e, f*, the seven true ribs; *g, g*, the five false ribs; *h*, the rump-bone or sacrum; *i*, the hip-bones.

*Upper Extremity.*—*a*, the collar-bone; *b*, the shoulder-blade; *c*, the upper arm-bone; *d*, the radius; *e*, the ulna; *f*, the carpus, or wrist; *g*, the bones of the hand; *h*, 1st row of finger-bones; *i*, 2d row of finger-bones; *k*, 3d row of finger bones; *l*, the bones of the thumb.

*Lower Extremity.*—*a*, the thigh-bone; *b*, the knee-pan; *c*, the tibia, or large bone of the leg; *d*, the fibula, or small bone of the leg; *e*, the heel-bone; *f*, the bones of the instep; *g*, the bones of the foot; *h*, 1st row of toe-bones; *i*, 2d row of toe-bones; *k*, 3d row of toe-bones.

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## CHAPTER XIV.

### OF MUSCULAR MOTION.

MUSCULAR motions are of three kinds; namely, voluntary, involuntary, and mixed. The voluntary motions of muscles are such as proceed from an immediate exertion of the will; thus the mind directs the arm to be raised or depressed, the knee to be bent, the tongue to move, &c. The involuntary motions of muscles are those which are performed by organs, seemingly of their own accord, (but really by their proper stimuli,) without any attention of the mind or consciousness of its active power; as the contraction and dilatation of the heart, arteries, veins, absorbents, stomach, &c. The mixed motions are those which are in fact under the control of the will, but which ordinarily act without our being conscious that they do so; as in the muscles of respiration, the intercostals,\* the abdominal muscles, and the diaphragm.

\* *The intercostals* are those which lie between the ribs.—ED.



MUSCULAR SYSTEM.

*fg* is the sterno mastoid; its contraction makes the head approach the chest; *iii*, the abdominal muscles, to retain the parts in their places, assist respiration, etc.; *h*, muscles on the chest, to move the arm toward it; *l* extends the arm on a level with the shoulder; *k* is the muscle to raise the fore-arm; *a* moves the fingers; *b* the fore-leg; and *c* is the tailor's muscle, by which he is enabled to cross his legs.

Motion, as we before observed, is produced by the muscle contracting both its ends toward the center, when one end being fixed, the other is drawn toward the center of motion, and with it the bone or any other part to which it is affixed; and thus by the coöperation of several muscles, not only a limb, but even the whole body is put into action. This is the case with all the muscles of voluntary motion; their fibres contract on the application of the nervous influence, and the whole muscle shortens itself; and on the same principle the other muscles perform involuntary motion. The heart, for instance, contracts from the stimulating properties of the blood, the arteries do the same, as do the absorbent vessels, by a similar action of their contents, and all those organs and parts which have the power of acting independent of the mind.

We may define all motion in animals then to be the contraction of the muscular fiber from the presence of some stimulating influence. But whence the muscular fibers derives this contractile power, and what is its nature, remains still a phenomenon that baffles inquiry.\*

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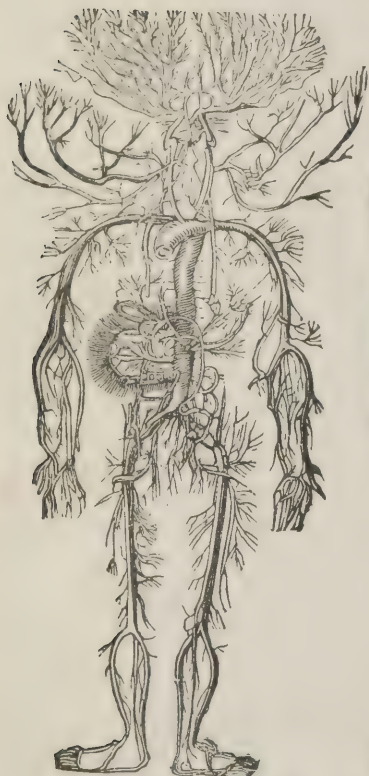
## CHAPTER XV.

### ARTERIAL SYSTEM.

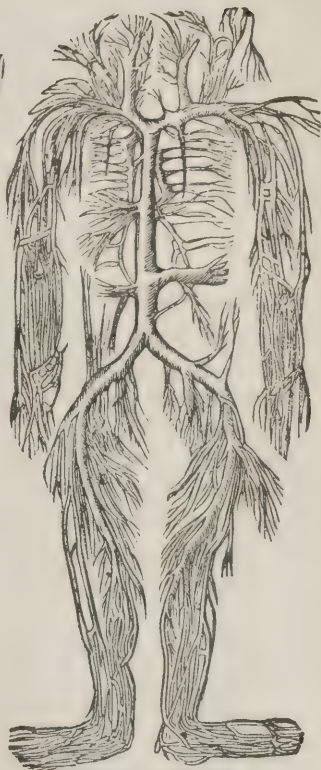
[See plate on opposite page.]

FROM the ventricles of the heart arise two large elastic tubes, called arteries, which afterward divide like the trunk of a tree, into innumerable branches. The one commencing at the right side of the heart conveys the blood to the lungs, while that which is continued from the left ventricle, carries it to all the other parts of the body. The arteries are composed of three membranes called coats; an external coat, a middle coat, which is muscular, and an inner one, which is smooth. They partake of the nature and action of the heart, for being dilated and irritated by the blood impelled into them from the heart, they contract, by means of their muscular coat, upon this blood, and thus propel it to all parts of the body, for their nutrition, and the various secretions. This dilatation and contraction is called the pulse, and is perceptible in the trunks and branches of the arteries, but not in their minute ramifications, except when inflammation is going on.

\* I however hold that it is *electricity*, and comes from the *sun*.—H.



ARTERIAL SYSTEM  
OF THE HUMAN BODY.



VENOUS SYSTEM  
OF THE HUMAN BODY.

## CHAPTER XVI.

### SPINAL CURVATURE.

THIS disease is generally the result of scrofula. It consists in the alteration of the form of the spine or backbone, which presents a double curvature, above and below, like the letter *f*, in italic. Nature endeavors still to preserve the perpendicular line of the body, by producing a second curvature as soon as one begins, and the equilibrium is maintained, though there is a considerable variation in the form of the spine, as may be seen from the accompanying engravings. (*See opposite page.*)

Says A. Cooper, in his "Lectures on Surgery":—

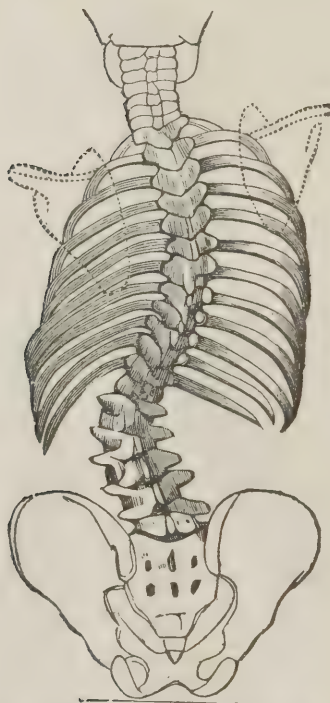
The shoulder is also considerably projected or elevated. A parent will come to you and say, "I am very uneasy about my child's shoulder, it is growing out." You will judge from this alteration in the shoulder, that there is some alteration in the form of the spine and ribs. Pressure on the shoulder, therefore, with a view of remedying this defect, is a most absurd and unscientific practice; it may give pain, but can do no possible good. (*See Engraving, page 470.*) The spine, in these cases, has given way in two directions and the ribs on one side are more curved than on the other. This incurvation of the ribs occasions the alteration in the form of the scapula. The anterior part of the chest is extremely projected; the sternum is sometimes sunk between the cartilages of the ribs, and sometimes advances so as to form what is called a chicken breast. Absorption of some of the bones at length takes place, and nothing but the cartilage remains. When you feel the arm bone of a child under this disease, it seems as if it had had a fall, and the bone had been fractured; the ossific matter is absorbed, and nothing but cartilage remains. The same appearance is frequently observed in the femur and knee joints of children in the low alleys of large cities, who are deprived of healthy or proper nourishment, and get scarcely anything, perhaps, but a little gin,





SPINAL CURVATURE.—THE BODY VIEW.

which their mothers give them by way of comfort, though they give them nothing to eat. These are the miserable changes to which rickety patients are subject. The cause of all this is, a great deficiency in the powers of circulation, in consequence of which the bones lose their phosphate of lime, and become spongy at the extremities, and the joints, therefore, are exceedingly enlarged. The ossific matter binds down the cartilages,



SPINAL CURVATURE.—THE SKELETON VIEW.

so as to prevent their expansion, hence arises a diminution of the ossific deposit, which leads to the alteration in the form of the bones. With respect to the treatment of these cases, you will observe the same general principles laid down in scrofula, and you will also resort to mechanical means. The next point is to prevent the curvature of the spine, and, for that purpose, it has been the practice to keep children in the recumbent posture for a great length of time. This is a plan which I by no means advise; exercise is absolutely necessary to the health of children, and I am glad to find that a respectable gentleman at the west end of the town, and a gentleman at Bath, have adopted more rational principles in the treatment of this disease. The cause of this disease is debility, and deficiency in the circulation: how is it possible then to give vigor to the circulation, if the child is kept in a confined atmosphere, and prevented from

taking exercise, and participating in those amusements which are so essential to health? Exercise should be freely allowed, taking care only that it be not protracted so as to occasion fatigue. How, it may be asked, can you allow exercise, and at the same time bring the spine into a straight position? By giving artificial support to the spine. This may be effected by two springs of steel added to stays, one on each side of the spine, which may be worn by the patient in any position. Callow's back is a good mechanical contrivance; it fits to the back of the patient, and is passed round the pelvis without pressing on the sides—the pressure is on the crista of the ilium, and not on the sides. In the use of mechanical means, the great object should be, not to force the child into a constrained position, but merely to prevent inclination on one side or the other. I have known children laid down for a length of time, to the great injury of their general health, without producing any effect on the distortion. A lady, of great talent and great resolution, lay for twelve months in the recumbent posture, and rose with her spine in the same state, but with an additional disease in the bladder. The urine was loaded with an immense quantity of mucus, her natural delicacy having restrained her from making water as often as she had occasion. This was followed by a disease of the womb, which proved fatal. I have read a book lately with great pleasure, or, rather, I have looked through it, for I cannot say that I very often read a book, in which the author recommends a particular mode of exercise, with a view of bringing certain muscles of the body into action, so as to oppose resistance where there is any deviation from the natural form. The plan is founded on sound and rational principles, and is well calculated to have the effect of opening the chest, keeping the shoulders well back, and bringing the spine into its natural position. In rickety affections of the knees, horse exercise is of great advantage; if the patient is very young, he may be allowed to ride the rocking-horse as long as he likes. The position on horseback throws the knees outward, while the exercise is beneficial to the general health of the patient.

## CHAPTER XVII.

### REMARKS ON THE USE AND ABUSE OF COLD BATHING.

COLD water is applied in cases of inflammation of various kinds. In inflammation of the brain, the application of cold water is attended with benefit. In certain cases of typhoid fever, ablution and the affusion of cold water are often attended with much benefit; also, in other fevers, where the heat is above the natural temperature of the body, (except in eruptive diseases, in which it should not be used.) In hemorrhages, cold water is sometimes used with advantage. In weak and inflamed eyes it imparts tone and a healthy action to them. In contusions, sprains, and burns, the free application of this means is sometimes beneficial; and occasionally it has been found useful in the form of cold shower baths; but *heat* or warmth in most diseases is far preferable.

Cold water, when suddenly and long applied, seems almost invariably to be repulsive to nature. After its application, particularly when the system is feeble, it is necessary that reaction or an effort of the system be instituted to counteract its effects. Therefore, when applied as above or last-mentioned, it must be considered as an enemy. Throughout the whole course of my practice I have found that heat exerts a much more salutary influence, both in health and disease, and is therefore the most congenial to the system.—BEACH.

There are some diseases, however, in which cold proves very beneficial by its invigorating, repulsive and tonic or bracing influence. In those cases where there is a debilitated and relaxed state of the muscular and nervous systems, and where reaction takes place slowly after exposure to cold, the effects are very salutary; in hysteria, hypochondria, rheumatism, gout, fever, inflammation, bruises, wounds, &c., cold water may be applied with advantage. Where the cold bath is resorted to, the tepid bath should, as a general rule, be first used, and the water made colder by degrees. The person should remain in the bath only a few minutes, and on his coming out, friction by coarse towels should be freely used.

It requires much discrimination to know the state of the system in which the cold bath may be taken with safety and advantage. It proves highly injurious where any of the internal viscera are suffering from structural organic changes. It must ever be borne in mind that the use of cold water is liable to great abuse; that cold is an agent so powerful and dangerous, and is such a prolific source of disease in checking perspiration, that it is liable to cause great injury.

The celebrated Sir Francis Burdett perished by the continued use of the wet sheet, which is one of the favorite applications of the hydropathists. It must not, therefore, be prescribed for all diseases, as recommended by some of Priessnitz's imitators, who administer a variety of cold baths for nearly every disease that flesh is heir to. At the establishment at Graefenberg, more than twenty cold and warm baths are daily used, besides large draughts taken internally. This course of treatment, with a diet consisting of fat, gravies, and warm meats, and few vegetables, and much feeding, constitute the most empirical

practice that I am acquainted with. I believe that nothing but the pure air of the country, much exercise, and an iron constitution, can withstand this course of treatment. Therefore let it be impressed on the mind that the cold bath is good in its place, but if abused, or injudiciously given, it is dangerous.

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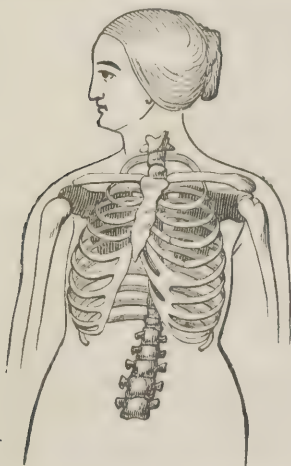
## CHAPTER XVIII.

### TIGHT LACING.

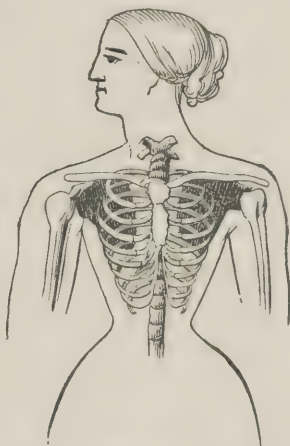
THERE is one other very interesting and important subject to which I will give a passing notice, from the fact of its being one that imperatively calls upon every true friend of humanity to express his sentiments upon ; I allude to the subject of *tight lacing*. I feel it particularly incumbent on me to freely express my opinion by stating my firm and deliberate belief that, a great proportion of the diseases of females are attributable to that absurd and *destructive* abuse of corsets ; and in making this assertion, I do but reiterate the opinions of the most enlightened and experienced physicians in this and many other countries. What will my fair countrywomen think, when I tell them that more than 50,000 females in this country have perished by *consumption* within the last year ? I know you will pardon me, ladies, if I here feel bound to point out, at least, the evil consequences arising from compression of the chest and waist by stays, as practiced at



the present fashionable but ruinous extent. Compression of the chest prevents the free circulation of the blood through the air-cells of the lungs ; the blood is in consequence deprived of its oxygen or vitalizing principle, and *tubercles*, or a rapid and *fatal* consumption (if not speedily checked by judicious treatment) is the result.



Chest undeformed by Corsets.  
Natural size.



Chest deformed by  
Corsets.

#### EFFECTS OF TIGHT LACING.

Pressure on the liver and organs of digestion, impairs *their* functions also ; the body becomes emaciated, and disease and *death* are, alas ! too often the lamentable results. This brief sketch is taken from one among the many cases which I am called upon almost daily to attend. In this instance, it is true, the patient was constitutionally predisposed to pulmonary and other scrofulous complaints ;

but, in the great majority of cases, the secret and primary *cause* originates in *tight lacing*, and if it be not timely discovered and discontinued—as was the case in the present fortunate instance—the disorder will bid defiance to every remedy that the utmost attention or the most scientific and prudent practitioner can suggest.

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## CHAPTER XIX.

### MAGNETIC ELECTRICITY, MEDICINALLY APPLIED.

I FIND that want of space will preclude the possibility of my making any introductory remarks (as I had intended) on the novel subject of *Medical Electricity*. I therefore trust the reader will excuse me for introducing the matter so abruptly to his notice—for having gone to *the point*, without giving previous explanation. However, I am inclined to think that an attentive perusal of what is about to follow (briefly expressed though it be), will give a tolerably correct idea of the subject.—In my large work on the *Theory and Practice of Medicine on Electrical Principles*, which is now in progress toward completion for publishing at an early day, this subject will be found fully discussed in all its bearings; to which work, the inquiring reader is referred for a full exposition of my *elec-*

*trical* views. Due notice will be given to the public by the publisher, as to when the work in question will appear.

#### THEORY OF LIFE AND HEALTH, DISEASE AND DEATH.

What I claim, then, to have originated, is,

1. To have been the first to promulgate the idea of the existence in all *animate matter*, of an ELECTRICAL, *Vital*, or *Nervous Circulation*, which is anterior, and superior in power, to the *blood-circulation*—influencing the direction or course of the latter, and wholly governing its motion and circulation *from* and *to* the heart: the action of which organ—the heart—also depending entirely upon the electric circulation—the source of heat and life, the *vital principle*. All the phenomena of life (which result from *action*) have their origin in the *animo-electrical circulation*. When this vital or electrical fluid becomes exhausted, or its action is long suspended (from obstructions, &c.), death is the result; when it is partially obstructed, or its equilibrium is disturbed by an undue accumulation of it in one part to the prejudice of the other organs or parts of the system, *Disease*, more or less serious—according to the importance of the organ or organs thus affected—is the result: and to overcome which derangement, we are not, *necessarily*, to resort to “medicines,” but to the application of *animalized* electricity, as the best remedial agent for the relief of the suffering parts: that is to say, to restore the *free* circulation of the electrical fluid in the body. If this is properly done, *health* follows. The application of this vitalizing agent must, I again repeat, be *judiciously applied*, or the desired effect will not be produced; but on the contrary, injurious consequences will be likely to ensue. It will then be inferred, that I look

upon this fluid, *rightly applied*, as being the most appropriate means to make use of in the cure of disease, it being the vital or *health-principle* of the constitution; but its application not being understood by physicians, save with the *machines*, (for I believe that I am the only medical man, at present, who is acquainted with the *true* and *safe* principles of applying it as a remedial agent), I have merely mentioned it, incidentally, in this book; and then only after having prescribed the best *medicines* known to me—apart from this agent—for the preservation of health and the cure of disease.

2. That this electrical or nervous circulation, governs—solely and alone—the motion and direction of every fluid or humor in the system. (Electricity, variously modified, I believe to be the great natural principle which originates every phenomenon throughout the entire Universe.) Every secretion and excretion in the animal economy, is influenced by this, the GRAND CIRCULATION of all. Destroy the nervous or electrical circulation in the brain, and mental death is the result; in the heart, and it ceases to pulsate; in the arteries and veins, and the *circulation of the blood*\* in them ceases; in the lungs, and respiration is destroyed; in the stomach, and digestion is at an end; in the liver, and the bile ceases to flow; in the kidneys, and their function is suspended; and so of every organ, tissue, fiber and atom, entering into the composition of the animate body.

3. That *electricity*, (or any of its modifications,) to be *successfully* employed for the cure of disease, must *first*

\* Harvey, the discoverer of the *blood-circulation*, erroneously called it the *vital* circulation; and that error has never been discovered or corrected since his time. The *true vital* circulation, is the *Electrical or Nervous Circulation*; the idea of which I distinctly claim the honor of having been the first to promulgate to the world.—H.

be *animalized*, by passing—in a particular direction—through the system of the operator, before it can be efficaciously applied to the part or parts diseased. If this be not done, or if the fluid be communicated *directly* from a machine to the body, disastrous or negative results will, as a general rule, be likely to follow.

4. That electricity, “galvanism,” “electro-magnetism,” &c., are identical in principle, but are modified in effect, according to the nature of the matter in which they reside, and which makes them appropriate to the substances in which they are found, and for which they were designed ; but not for all alike, promiscuously. For example : If, instead of experimenting with galvanism upon an individual in a state of asphyxia, or suspended animation (by hanging or drowning for instance) ; this fluid were previously modified or *animalized*, by passing through the body of the operator, and *then* communicated in a scientific manner to the subject to be operated upon, far different results from those commonly experienced might be obtained ; *life* itself might, perhaps, be restored ! The plan which I here propose, should be tried by such philanthropic physicians as may understand its application, on drowned persons, &c., as soon as possible after their bodies are recovered (if this is effected while they are yet warm), instead of losing precious time with other and generally futile experiments. Bottles of hot water, hot blankets, &c., to the extremities and other parts of the body, should always be employed as useful auxiliary means. In all cases of disease not attended with structural lesion, and in certain cases, perhaps, of *recent* death, provided the tissues remain intact, by the application of this agent (*animalized* electricity) in a proper manner, and

for a sufficient length of time, to the body or parts, health and life may be restored.

5. That the electrical or nervous fluid is the primary stimulus of brain, heart, arteries and veins, lungs, stomach, liver, spleen, kidneys and every organ, fiber, tissue, fluid and atom of the entire economy ; life itself alone depending on its existence and action.

6. That the *hydraulic* and *force-pump* theory in explanation of the action of the heart and of the circulation of the blood, is erroneous in every particular ; no vacuum ever existing in the heart, arteries or veins in the living body. There is no such thing as a *vacuum* (unless when artificially produced) anywhere in Nature. No ! *Nature* never yet created a vacuum—a *nothing*—and probably never will.

7. That the action of the heart and the circulation of the blood are, in reality, produced through the *sole* influence of the *Electrical Circulation* ; and, also, the direction of the current of the former is determined by that of the latter. The blood is returned from the upper parts of the body to the heart, (through the vena cava superior), by its *specific gravity* ; which, however, would not take place, were the blood not kept in the *fluid* state, by the electrical or nervous circulation.\* The blood follows the course of the electrical current in its vertical motion, (like the piston-rod of a steam engine when in action), or similar to that of the planets revolving in their orbits round the sun, and following like them, with unerring certainty and regularity, in the same direction or circle described by that splendid luminary : thus do all the humors of the body flow, in their respective circles, in the same direction that the

\* The *nervous* circulation takes place through the *Nerves*, as that of the blood takes place through the arteries and veins.



Nervous Circulation moves. In this respect, the revolutions of the various circulations in the body, and the motions of the planets are analogous.

8. That the *cause* of every disease can be rationally explained on the principle mentioned in the first paragraph, namely : by a loss of *equilibrium* in the Electrical Circulation—by obstruction, diminution, or excess of this fluid in the diseased organ or organs. And finally, the *symptoms* of every disease may be readily made to harmonize with this cause ; the results of which are—*debility, death*.

9. That such diseases as are at present supposed to be *incurable*, such as paralysis, blindness (independent of structural lesion of the nerve), deafness, loss of speech, etc., etc., admit of a safe and radical cure through the agency of electricity as a remedial application. This I affirm to be as stated ; and, although it may be scoffed at by invidious or interested parties, let it be remembered that the *truth* cannot be impeached. If any doubt the assertion made in this paper, I would merely say to such, *investigate*. The liberal-minded, the wise and sincere, will always investigate ere they condemn, that is, if the subject is of sufficient interest to them ; those who condemn *before* they examine the merits of a subject, with which they have little or no previous acquaintance, are at least unwise. The *ventricles* of the brain are probably the reservoirs for the electrical or nervous fluid, whence it is distributed through the nerves to every part of the body—when required for the performance of the several functions of the organism.\*

\* See a few additional remarks on this subject, at the end of the volume.

## CHAPTER XX.

### PLAIN AND EASY RULES FOR THE PRESERVATION OF HEALTH.

FOR the benefit of those who desire, through the blessing of God, and the study and *practice* of *Virtue*, to retain the *health* which they have recovered, or are undergoing a course of treatment for the recovery thereof, the following few, plain and easy rules are given :—

I. The air we breathe is of great consequence to our health. Those who have been long abroad in easterly or northerly winds, should drink some thin and warm liquor on going to bed, or a draught of water with a toast.

II. Tender people should have those who lie with them, or are much about them, sound, sweet, and healthy.

III. Every one who would preserve health, should be as clean and sweet as possible in their houses, clothes and furniture.

IV. The great rule for *eating and drinking* is to suit the quality and quantity of food to the strength of the digestion; to take always such a sort and such a measure of food as sits light and easy upon the stomach.

V. All pickled or smoked, or salted, or high seasoned food is unwholesome.

VI. Nothing conduces more to health, than abstinence and plain food, with due labor.

VII. For studious persons, about eight ounces of animal food, and twelve of vegetable, in twenty-four hours, are sufficient.

VIII. Water is the most wholesome of all drinks; it quickens the appetite, and strengthens the digestion most.

IX. Strong, and more especially spirituous liquors, are a certain though slow poison. Experience shows there is very seldom any danger in leaving them off all at once. Strong liquors do not prevent the mischiefs of a surfeit, nor carry it off so safely as water.

X. Malt liquors, except clear small beer, or small ale, of due age, are exceeding hurtful to tender persons.

XI. Coffee and tea are extremely hurtful to persons of weak nerves.

XII. Tender persons should eat very light suppers; and that two or three hours before going to bed.

XIII. They should go to bed about nine, and rise at four or five.

XIV. A due degree of exercise is indispensably necessary to health or long life.

XV. Walking is the best exercise for those who are able to bear it; riding for those who are not. The open air, when the weather is fair, contributes much to the benefit of exercise.

XVI. We may strengthen any part of the body by constant exercise. Thus the lungs may be strengthened by loud speaking, or walking up an easy ascent; the digestion and nerves by riding; the arms and hams, by strongly rubbing them daily.

XVII. The studious ought to have stated times for exercise, at least two or three times a day; the one half of this before dinner, the other before going to bed. They should frequently shave, and frequently wash their feet.

XVIII. Those who read or write much, should learn to do it standing; otherwise they will impair their health.

XIX. The fewer clothes any one uses, the hardier he will be.

XX. Exercise should always be on an empty stomach; should never be continued to weariness; and after it, we should take time to cool by degrees, otherwise we shall catch cold.

XXI. The flesh-brush is a most useful exercise, especially to strengthen any part that is weak.

XXII. Cold-bathing is of great advantage to health: it prevents abundance of diseases. It promotes perspiration, helps the circulation of the blood, and prevents the danger of catching cold. Tender people should pour water upon the head before they go in, and walk swiftly. To jump in with the head foremost, is too great a shock to nature.

XXIII. Costiveness cannot long exist with health; therefore care should be taken to remove it at the beginning; and when it is removed, to prevent its return, by soft, cool, open diet.

XXIV. Obstructed perspiration (vulgarly called catching cold) is one great source of diseases. Whenever there appears the least sign of this, let it be removed by gentle sweats.

XXV. The passions have a greater influence on health than most people are aware of.

XXVI. All violent and sudden passion, such as grief and hopeless love, bring on chonical diseases.

XXVII. Till the passion which caused the disease is calmed, medicine is applied in vain.

XXVIII. The love of God, as it is the sovereign remedy for all miseries, so in particular it effectually prevents all the bodily disorders the passions introduce, by keeping the passions themselves within due bounds. And by the unspeakable joy and perfect calm, serenity and tranquillity it gives the mind, it becomes the most powerful means of health and long life.

XXIX. It is in vain for people to take medicine for any disorder whatever, if they do not pay some attention to their mode of living, during the administration of proper remedies; for the best prescriptions may be rendered useless by inattention to these particulars; whilst good nursing, and a due regard to diet, are great assistants to the most able physician. It is therefore desired that particular attention may be paid to the directions concerning regimen, &c., which are treated of in this book.

## CHAPTER XXI.

### THE TEMPERAMENTS.

THERE are four of these :—1st. The *lymphatic*, in which there is easily seen a full, soft, and rounded form, and languid action.

2d. The *sanguine*, in which there is a florid complexion, expanded chest, and general vivacity of disposition, showing the preponderance of the vascular system, known generally by the term of plethoric or full habit, the circulation of the blood being very full and strong.

The following figures represent the lymphatic and sanguine temperaments :



LYMPHATIC.



SANGUINE.

3d. The *bilious*, in which the muscular system predominates. The body is remarkable for a compactness of fibre, indicative of strength and activity.

4th. The *nervous*, in which there is a thin, sharp outline, irregular and vivacious activity, and great susceptibility of impressions, and which betoken the predominance of the nervous over all the other functions.

The following figures represent the bilious and nervous temperaments:



BILIOUS.



NERVOUS.





## APPENDIX.

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### CHLOROFORM.

A FRAGRANT volatile fluid, obtained by the distillation of spirits of wine over powdered chloride of lime, the vapor of which, if inspired from a hollow-shaped sponge, or pocket-handkerchief, on which a teaspoonful has been sprinkled, will sometimes, in less than a minute, produce unconsciousness of some duration. It has recently been introduced into the practice of midwifery by Dr. Simpson, of Edinburgh, whose untiring efforts in the cause of science and humanity have done more to entitle him to the grateful homage of his fellow-creatures than most men of the present day. By his calm and dispassionate and conclusive reasonings, and by the accumulation of facts which he has published, he has quieted the passions and prejudices of many who most violently opposed the use of this inestimable and wonder-working agent; so that now the most formidable and agonizing operations are performed without the consciousness of the patient, and women may pass through "the hour of nature's sorrow" without apparent suffering. My own experience fully substantiates all his statements, and confirms the accuracy of all his deductions; and in summing up the results of his own large experience and that of his personal friends, he says: "The effects of chloroform have been delightful. The mothers, instead of crying and suffering under the strong agonies and throes of labor, have lain in a state of quiet, placid slumber, made more or less deep at the will of the medical attendant, and if disturbed at all, disturbed only unconsciously from time to time by the recurring uterine contractions, producing some reflex or automatic movements on the part of the patient—like those of a person moving under any irritation of the surface, or from the touch of another, though still in a state of sleep. Nor have the ultimate consequences and results been less happy. I never saw mothers recover more satisfactorily or rapidly, or children that looked more lively. And the practice is not a great blessing to the patient merely; it is a great boon also to the practitioner. For whilst it relieves the former from the dread and endurance of agony and pain, it both relieves the latter from the disagreeable necessity of witnessing such agony and pain in a fellow-creature, and imparts to him the proud power of being able to cancel and remove pangs and torture that would otherwise be inevitable. It transforms a work of physical anguish into one of painless muscular effort; and changes into a scene of sleep and comparative repose, that anxious hour of female existence, which has

ever been proverbially cited as the hour of the greatest of mortal suffering." Again: "I never had the pleasure of watching over a series of more perfect or more rapid recoveries; nor have I once witnessed any disagreeable result to either mother or child. I have kept up the anæsthetic state during periods varying from a few minutes to three, four, five, and six hours. I do not remember a single patient to have taken it who has not afterwards declared her sincere gratitude for its employment, and her indubitable determination to have recourse again to similar means under similar circumstances. All who happened to have formerly entertained any dread respecting the inhalation, or its effects, have afterwards looked back, both amazed at, and amused with, their previous absurd fears and groundless terrors. Most, indeed, have subsequently set out, like zealous missionaries, to persuade other friends to avail themselves of the same measure of relief in their hour of trial and travail; and a number of my most esteemed professional brethren in Edinburgh have adopted it with success, and results equal to my own. All of us, I most sincerely believe, are called upon to employ it by every principle of true humanity, as well as by every principle of true religion."—IMRAY.

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## PREScriptions, ETC.

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### CATHARTICS AND APERIENTS.\*

MEDICINES belonging to this class, have the property of exciting the bowels to increased action, and in this manner promoting an evacuation of their contents.

Cathartics are divided, for the sake of convenience, into three heads. 1st, *Aperients*.—2d, *Purgatives*.—3d, *Hydragogues*. The first, sometimes also called *Laxatives*, act very gently. The second act briskly, and cause a number of copious motions. The third act violently, and cause a number of large motions, that are but little else than water.

#### *Infusion of Senna, Salts, &c.*

Take of senna, half an ounce; Epsom salts and manna, of each an ounce; fennel seed, a dram; boiling water, half a pint. Let it stand until cold—strain. One-third may be taken for a dose, and repeated in three or four hours after, unless it has operated well. This is a mild and very certain medicine, and is especially useful in *diseases of excitement*.

#### *Castor Oil Mixture.*

Take castor oil, one ounce; gum Arabic, two drams; Peppermint wa-

\* The dose of each one is intended for an adult, unless the contrary is expressed under the formula.

ter, one ounce. The oil and gum should be well rubbed together, and the mint water added to them gradually. The whole may be taken for a dose.—When there is irritation of the bowels, and it is necessary to employ a purgative, nothing can be milder and more suitable than this. To have still gentler action, part of the above may be taken at a time.

*Warner's Gout Cordial.*

Take of tincture of rhubarb and senna, half an ounce to four ounces for a dose. It is very useful when a warm aperient is required, as in gout in the stomach, or other violent pain in the same part without inflammation. It should be added to double the quantity of warm water.

*Electuary of Sulphur, Senna, &c.*

Take of sublimed sulphur, half an ounce; confection of senna, twelve drams; simple syrup, enough to make the whole into a soft mass. Dose a teaspoonful of it night and morning in piles.

*Tonic and Astringent Bitters.*

Take of tamarach bark, six pounds; prickly ash bark, four pounds; wild cherry bark, three pounds; Seneca snake root, three pounds; tansy, one pound; Socotorine aloes, half a pound. Let these articles be pulverized and mixed; then take of the mixture one quarter of a pound, add three pints of boiling water, two quarts of Holland gin, and one pint of molasses: let it stand a week. Dose: half a wineglassful morning, noon, and evening.

*Use.*—This forms an excellent tonic for *dyspepsia*, *obstruction of the menses*, and other diseases where tonics are required. It constitutes old Dr. Bones' bitters.

PILLS.

*Pills of Extract of Butternut, &c.*

Take extract of butternut, thirty grains; powdered jalap, twenty grains; soap, ten grains—Mix. Make fifteen pills. Dose, three or four. The extract of butternut is esteemed one of the best cathartics, in fevers, &c.

ENEMATA, OR PURGATIVE INJECTIONS.

The quantity of fluid proper for different ages is about four to six ounces, for a child between one and six years of age; a half a pint for the age between ten and fifteen years; and a pint or more for an adult.

*Injection of Table Salt.*

Take of table salt, a tablespoonful; tepid water, or gruel, one pint; sweet oil, a tablespoonful. All to be used at once for an adult.

*Injection for a Child.*

Take of warm gruel, five ounces; table salt, two teaspoonsful; sweet oil, six teaspoonsful. If the bowels contain much wind, or if there be convulsions, add a teaspoonful or two of turpentine.

Almost any of the purgatives may be used for injections, in the proportion of three times more than is necessary when taken by the mouth. Common sea water makes as good a purgative injection as can be compounded when the object is merely to open the bowels. In many cases a *large* injection of water alone is sufficient, when the intention is merely to obtain a motion for the relief of ordinary constipation. In such cases, water at the temperature of 60 degrees is better than if it is warmer, as it imparts tone to the lower intestines, and thus diminishes the necessity of resorting to artificial means for relief.

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### EMETICS.

THIS is a class of medicines that act especially on the stomach, and cause it to discharge its contents by vomiting. There are a large number of medicines which are capable of producing such effects, if given in sufficient doses, but many of them are uncertain in their operation, or violent in their action. Those of this character, are not usually employed as emetics; and those only we recognize as belonging to the class, the action of which is prompt, moderate, and which generally follows a uniform dose.

Stimulants applied over the region of the stomach, of which perhaps the best is a mustard poultice, will usually afford relief. A little brandy and water, spiced; a little cold tea; a teaspoonful of camphor-water occasionally given; a tablespoonful of limewater, and the same quantity of milk, mixed together and drank cold, every fifteen minutes; an effervescing draught, made by adding two teaspoonsful of lemon juice, or ten grains of tartaric acid to twelve grains of the bicarbonate of potash or soda; or, finally, small quantities of cold iced water, or small bits of ice to dissolve in the mouth, will generally accomplish the object for which they are given, and check the violent throes of the stomach.

To promote vomiting, large draughts of warm water; or chamomile tea; or tickling the inside of the mouth with a feather, as far back as can be reached with the finger, will be found of service in assisting the action of the medicine.

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### MIXTURES, ETC.

#### *Hive Syrup.*

Take compound syrup of squills, one ounce; ten drops may be given to a young child, and the dose should be increased with age, and repeated every twenty or thirty minutes. This is a remedy of great celebrity for children having the *croup*, or an affection of the throat resembling it.

#### *Blackberry Syrup.*

Take two pounds of the bark of the root, well cleansed or washed, and add a suitable quantity of water; then boil two hours. Pour off the liquid; then add more water; and thus continue to boil and pour off until

all the strength is extracted; then strain, and add all the boilings together. Simmer to two quarts; strain; then add four pounds of loaf sugar, and when cool, add half a pint of best French brandy. Dose: a tablespoonful three times a day, fasting. If it does not arrest the disease after taking it a few days, gradually increase the dose, as the stomach can bear it.

*Use.*—This is a very valuable syrup in bowel complaints, particularly the chronic form. It will effect a cure when every other means fail. It appears to possess specific virtues, different from all other vegetables.

A rob or jelly is made of the fruit by bruising it, pressing out the juice, straining, and adding sugar, which is useful to mix with water, and to drink.—BEACH.

#### *Solution of Sulphate of Zinc.*

Take sulphate of zinc, ninety grains; alum in powder, half a dram; boiling water, half a pint—Mix and filter. Dose: a teaspoonful for a child six months of age, or a tablespoonful for an adult person. For those of intermediate age the quantity proportional. This remedy has been used in *consumption* with advantage, by taking it every morning upon an empty stomach.

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#### POWDERS.

##### *Powder of Ipecacuanha.*

Take the powder of ipecacuanha, two scruples. This is to be divided into two doses, one of which may be given mixed with syrup or molasses, and succeeded by a tumbler full of warm water. If one powder does not answer, in twenty minutes, the second may be taken in the same manner. This is one of the most useful emetics that we possess.

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#### DIAPHORETICS.

THIS class of medicines acts by promoting the exhalation of the surface of the body. It is a very important class of remedies, and is useful in a great variety of cases. The free action of the skin is always necessary to sound health; and if this be interfered with, as it generally is when the body is suffering from disease, it is a matter of much importance to have it reestablished. Suddenly checking perspiration when the body is in health, as every one knows, is a very common cause of disease; and this commonly falls most heavily upon such organs, as, either from accidental or hereditary conditions, are least able to contend with the changes that take place in consequence of the suppression of an excretion so essential to health.

To promote perspiration, the patient should get into bed, and be moderately covered with clothing. Warm drinks freely used, will also conduce to this purpose; and there are certain other methods by the application of artificial heat—as with hot bricks, bottles of hot water, hot sand bags, hot vapor introduced under the bed-clothes through a suitable tube, or hot air conducted to the body in a similar manner—that are often employed in particular exigencies.



*Infusion of Herbs.*

Take of marsh-mallows, one ounce ; balm and spearmint, of each one ounce ; elder flowers, and arnica flowers, of each one ounce ; anise seed, half an ounce. Pour boiling water on it, and use as a common drink. May be advantageously drank in *colds* and *slight fevers*. It is useful to promote the action of other more powerful remedies of this class.

*Infusion of Boneset.*

Take of boneset, one ounce ; boiling water, one pint. Infuse for half an hour. Dose : a wineglassful every half hour as hot as possible.

*Compound Decoction of Sarsaparilla.*

Take of sarsaparilla, sliced and bruised, six ounces ; bark of sassafras root, sliced, one ounce ; guaiacum wood, rasped, one ounce ; liquorice root, bruised, one ounce ; mezereon sliced, three drams ; yellow dock, three ounces ; water, eight pints. Boil for an hour and strain. Dose : a wineglassful four times a day. Useful in *scrofula*, *cutaneous diseases*, *secondary syphilis*, and in *chronic rheumatism*. During its use the patient should wear flannel, and avoid exposure.

## DIURETICS.

MEDICINES of this class stimulate the kidneys, and increase the secretion of urine. They act best when the skin is cool, and the bowels are quiet. If there be active purging, or copious sweating, the secretion of the kidneys will be very sensibly diminished.

## MIXTURES, DECOCTIONS, ETC.

*Mixture of Horse Radish, Juniper, &c.*

Take compound infusion of gentian, five ounces ; acetate of potash, half a dram ; compound spirit of juniper, half an ounce ; compound spirit of horse radish, half an ounce ; sweet spirits of niter, two drams—Mix. Dose : two tablepoonsful three times a day. Useful in *dropsy*, when the system is much debilitated, and requires strengthening.

*Decoction of Bearberry.*

Take of leaves of bearberry, one ounce ; water, one pint. Boil it until about one-fifth of the fluid is evaporated, and strain. Dose : two to four tablepoonsful three or four times a day. Useful in *gravel*, *chronic inflammation of the kidneys*, *catarrh of the bladder*, and most other affections of these organs. It has also been very highly extolled by an English physician in *consumption of the lungs*.

*Mixture of Balsam of Copaiba, &c.*

Take copaiba, half an ounce ; sweet spirits of niter, half an ounce ; gum Arabic, powdered, one dram ; sugar, powdered, one dram ; spirits of lavender, two drams ; tincture of opium, one dram ; water, four ounces—Mix. Dose : a tablepoonsful three or four times a day. A remedy in *gonorrhœa*, a specific disease of the urinary organs.



*Infusion of Dandelion, &c.*

Take infusion of dandelion, four ounces; extract of dandelion, two drams; carbonate of soda, half a dram; tartrate of potash, three drams; tincture of rhubarb, three drams; tincture of henbane, twenty drops—Mix. Dose: one-third part to be taken three times a day. Good in *dropsy*, especially if it depends upon obstruction in the liver, and in *dyspepsia*.

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## EXPECTORANTS.

THIS class of medicines is designed to relieve the mucous membrane of the lungs, by increasing the secretion of mucus. In this way inflammation and congestion of the membrane is removed.

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## MIXTURES.

*Mixture of Syrup of Squills, &c.*

Take of paregoric elixir, half an ounce; syrup of squills, one ounce; antimonial wine, two drams; water, six ounces—Mix. Dose: a teaspoonful every fifteen minutes, until the cough is relieved. For *influenza*.

*Mixture of Spermaceti, &c.*

Take of spermaceti, two drams; yolk of egg, one; powdered gum Arabic, two drams; paregoric elixir, six drams; antimonial wine, half an ounce; white sugar, three drams; water, six ounces—Mix. Dose: a tablespoonful every two or three hours, until the cough is relieved. Recommended as an excellent remedy in the cough of *measles*, as well as in others

*Mixture of Saffron, &c.*

Take of fennel water, one and a half ounce; tincture of squills, one and a half dram; carbonate of soda, twelve grains; syrup of tolu, half a dram; syrup of saffron, two drams; paregoric elixir, half a dram—Mix. Dose: one or two teaspoonsful every three hours. In the *spasmodic cough* of children, with *chronic bronchitis* and a secretion of *thick phlegm*.

*Mixture of Fox-Glove, &c.*

Take of tincture of fox-glove, two drams; laudanum, two ounces; essence of peppermint, fifty drops—Mix. Dose: from forty to seventy drops. In *consumption* when there is an excited pulse.

*Mixture of Infusion of Wild Cherry.*

Take of the infusion of wild cherry, one pint; ipecacuanha wine, one ounce; laudanum, two drams; syrup, two ounces—Mix. Dose: a wineglassful three times a day. Preferable, in most cases, to the preceding, in *consumptive diseases*.

*Decoction of Iceland Moss.*

Take of Iceland moss, one ounce; water, one and a half pint. Boil to one pint and strain. Drink freely of it. It is mucilaginous and tonic, and

has often been found very useful in *chronic coughs* when there is copious and debilitating expectoration, especially when the matter discharged is of a purulent character.

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### EMMENAGOGUES.

EMMENAGOGUES are medicines that excite the menstrual or monthly discharge of women.

#### *Tincture of Black Hellebore, &c.*

Take of the compound tincture of aloes, one and a half ounce; tincture of black hellebore, two drams; tincture of Spanish flies, thirty drops—Mix. Dose: a teaspoonful to be taken morning, noon and night. This may be used in those cases in which there is considerable vigor and the patient is too plethoric to take any of the preparations of iron.

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### PILLS.

#### *Pills of Sulphate of Iron, &c.*

Take of sulphate of iron, two drams; water, eight drams; aloes, ten drams; white canella, powdered, one and a half dram; powdered myrrh, half a dram. Make a mass, and divide into pills of three grains each. Dose: one, night and morning. Useful in *debility, green sickness, whites, &c.*

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### ANTHELMINTICS.

ANTHELMINTICS or vermifuges are medicines possessing the property of destroying or expelling worms from the intestinal canal.

#### *Infusion of Pink-Root, &c.*

Take of Carolina pink-root, half an ounce; senna, two drams; manna, one ounce; fennel seed, two drams; boiling water, one pint. Let it infuse in a covered vessel for an hour, and then strain. A wineglassful may be given to a child from two to four years old, three times a day. This is an excellent remedy against the common round worm resembling the earth-worm.

#### *Camphor Injection.*

Take of camphor, one dram; sweet oil, two ounces—Mix. Use as an injection for *ascarides*. It may be used several successive times, and allays the itching that is almost intolerable.

Almost any of the common purgative injections will answer to destroy worms in the lower bowel, and a solution of common salt is often used with success.

## STIMULANTS.

STIMULANTS are a class of remedies that excite, in a transient way, the vital powers. They increase the vigor of the body, and some of them exalt the intellectual faculties.

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## MIXTURES, ETC.

*Ammonia, &c.*

Take of camphor water, six ounces; carbonate of ammonia, one dram; sweet spirits of niter, three drams—Mix. Dose: one tablespoonful may be taken frequently, when there is *fainting*.

*Infusion of Mint, Camphor, &c.*

Take infusion of spearmint, six ounces; burnt brandy, one ounce; paregoric elixir, one dram; sugar, half an ounce—Mix. Dose: a tablespoonful frequently taken until the vomiting ceases. To stop long continued *vomiting* and *retching*.

*Mixture of Sulphuric Æther, &c.*

Take of sulphuric æther, one dram; water, six ounces; oil of caraway, six drops; peppermint water, one ounce; sugar, three drams—Mix. Dose: a tablespoonful occasionally, in *flatulence* of the stomach.

*Mixture of Yeast, Camphor, &c.*

Take of beer yeast, six ounces; camphor water, six ounces; tincture of arnica, two drams—Mix. Dose: three tablespoonsful every third hour. In the advanced stage of *fever*, when *nervous symptoms* predominate.

*Draught of Valerian and Ammonia.*

Take of valerian, one scruple; carbonate of ammonia, ten grains; cinnamon water, two ounces. Take the whole at once, and it may be repeated every fourth hour. In *nervous headache*, and *low spirits*.

*Pills of Cayenne Pepper.*

Take of cayenne pepper, one dram; crumb of bread and water, a sufficient quantity to make the whole into a pillular mass. Divide into twelve pills. Dose: one, three or four times a day. In *debility of the stomach*.

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## NARCOTICS.

THE medicines of this class are very numerous, and for practical purposes, in this place, may embrace sedatives, anodynes, and soporifics. Most of them primarily produce a stimulating effect on the nervous and vascular systems; but this is soon succeeded by a depression of the vital powers, and sleep.

## MIXTURES, DRAUGHTS, ETC.

*Mixture of Belladonna, &c.*

Take of tincture of belladonna, half a dram; camphor water, six ounces—Mix. Dose: a tablespoonful every six hours. An excellent anodyne in *neuralgia* and *tic-douloureux*.

*Mixture of Tincture of Lettuce, &c.*

Take of tincture of lettuce, six drams; distilled water, six drams; water of cherry laurel, two drams; simple syrup, one and a half ounce—Mix. Dose: a tablespoonful morning and evening. An anodyne draught preferable to an opiate, in *consumption*.

*Mixture of Fox-Glove, &c.*

Take of tincture of purple fox-glove, three drams; camphor water six ounces; orange syrup, one and a half ounce; prussic acid, six drops—Mix. Dose: two tablepoonsful two or three times a day. An excellent remedy in *nervous palpitations*. It is a powerful medicine, and must only be used with great care.

## PILLS.

*Pills, No. 1.*

Take of extract of foreign valerian, extract of chamomile, equal parts—Mix, and form into three-grain pills, and take three or four a day. Useful in *cholera* and *nervous cases*, and wherever recommended in this work.

*Pills, No. 2.*

Take of Socotorine aloes, four ounces; Castile soap, two ounces; colocynth, two ounces; gamboge, two ounces; extract of gentian four ounces; oil of cloves, two drams—Mix, and form into pills the size of a pea.

*Dose*.—One or two morning and evening, according as they operate.

These two preparations of *pills* are particularly referred to in the body of this volume.

*Pills of Lettuce.*

Take of extract of lettuce, ten grains,—divide in five pills. Dose: one, which may be repeated at the end of two hours if sleep be not procured.

*Pills of Camphor.*

Take of camphor, half a dram; gum and alcohol, sufficient quantity to make pills. Divide into fifteen. Dose: a pill every two hours. To quiet *nervousness*, and to act gently on the skin.

## ANTISPASMODICS.

THESE are medicines that counteract irregular or involuntary muscular action, which is known as spasm.

## MIXTURES, DRAUGHTS, ETC.

Take of carbonate of magnesia, two scruples; aniseed-water, two ounces and a half; compound spirit of sulphuric æther, two drams; tincture of castor, two drams; oil of aniseed, eight drops—Mix. Take one half for a dose. May be taken in *general convulsions*, or in *spasmodic pains of the stomach*, &c.

*Mixture of Valerian, Æther, &c.*

Take of aniseed-water, two ounces; ammoniated tincture of valerian, thirty drops; spirit of sulphuric æther, one dram—Mix. Take one half of this for a dose, and repeat it two or three times a day. In *hysterics*, *epilepsy*, &c.

*Mixture of Assafætida, &c.*

Take of assafætida, one dram; peppermint water, three ounces. Dissolve, and add, ammoniated tincture of valerian, two drams; tincture of castor, three drams; sulphuric æther, one dram—Mix. Dose: a tablespoonful (with plenty of water) every second hour. In *hysterics*.

## TONICS.

TONICS constitute a class of medicines, the continued administration of which, in debilitated and relaxed conditions of the body, imparts strength and a more vigorous feeling, without producing, as stimulants do, any sudden excitement.

## MIXTURES, DECOCTIONS, ETC.

*Decoction of Peruvian Bark.*

Take of Peruvian bark, bruised, one ounce; water, one pint. Boil for ten minutes, and strain while the liquor is hot. Dose: four tablespoonsful, to be repeated more or less frequently, according to the nature of the case. It may be given as a tonic in almost any case in which a tonic is needed. If two drams of orange peel be added to the decoction while it is still hot, the flavor is improved, and it sits better on the stomach.

*Decoction of Willow Bark.*

Take of willow bark, one ounce; water, one pint. Boil for ten minutes, and strain. Dose: four tablespoonsful four or five times a day. This is another substitute for Peruvian bark in *fever and ague*, and is thought by many to be very little inferior to it.

*Infusion of Boneset or Thoroughwort.*

Take of the boneset leaves, dried, one ounce; boiling water, one pint. Let it stand for two hours, and then strain. This is another medicine that has been employed as a substitute for Peruvian bark in the treatment of *fever and ague*. It is not equal to it, but will often cure. In all cases of *debility*, when a tonic is required, it may be used; and if there be also

some fever, perhaps no better can be employed. Dose: for *ague*, as much as the stomach will bear, and should be drank *warm*.

*Compound Infusion of Gentian.*

Take of bruised gentian, half an ounce; dried orange peel, one dram; coriander, bruised, one dram; alcohol, diluted, four fluid ounces; water, cold, twelve ounces. Let it stand for twelve hours, and strain. Dose: two table-spoonsful, three times a day. This is an excellent tonic, and may be useful in all cases of debility of the *digestive organs*, if there be no irritation or inflammation of the stomach. It is very good to correct the acid secretions.

*Infusion of Hops.*

Take of hops, one ounce; boiling water, one pint. Infuse for two hours—press and strain. Dose: a wineglassful three or four times a day. In *dyspepsia*.

*Mixture of Peruvian Bark, in Wine.*

Take of powdered bark, half an ounce; lemon juice, two drams; Port wine, four ounces—Mix. Dose: a wineglassful every two hours, during the intermission of *fever*.

*Tincture of Iron and Orange.*

Take of iron filings, four ounces; Seville oranges, four. Remove the peel, the white, and the seeds; beat the pulp with the filings in a stone mortar, and let the whole stand for two days; then pour upon it Madeira wine, ten ounces; tincture of orange peel, two ounces. Let it stand for seven days, express, and filter. This is described as one of the most agreeable of all the preparations of iron. Dose: a teaspoonful to four, two or three times a day. May be used to promote *monthly sickness*, or in any case in which iron is admissible.

## ASTRINGENTS.

THIS is a class of medicines, which, when applied to a sensible or visible part of the body, is found to produce a contraction or condensation.

### MIXTURES, ETC.

*Mixture of Catechu, &c.*

Take of infusion of mint, one ounce; cinnamon water, one ounce; tincture of catechu, two drams; aromatic spirit of ammonia, one dram; laudanum, twelve drops; orange syrup, two drams—Mix. Dose: a teaspoonful every hour. In *cholera infantum*, or vomiting and purging of infants.

*Infusion of Catechu.*

Take of extract of catechu, two and a half drams; bruised cinnamon, half a dram; boiling water, half a pint. Let it stand for one hour, and then strain. Dose: one to three ounces, repeated three or four times a



day. Useful in *di irrhæu*, dependent on debility or relaxation of the bowels, and *passive hemorrhages*, particularly of the *womb*. It is also useful in *gleet* and *whites*, used as an injection.

#### *Solution of Alum.*

Take of powdered alum, four drams; water, eight ounces—Dissolve. Dose: one tablespoonful every hour. An admirable astringent in *internal bleedings*. We know of nothing more to be relied on in bleeding from the *lungs* and *stomach*. Two drams of cinnamon water may be added to render it more agreeable to the stomach.

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#### PILLS.

#### *Pills of Alum, Catechu, &c.*

Take of alum, half a dram; powdered opium, five grains; catechu, five grains. Divide into thirty pills. Dose: one every two or three hours. In *passive hemorrhages* and *chronic mucous discharges*.

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#### GARGLES.

#### *Gargle of Borax.*

Take of borax, one dram; tincture of myrrh, half an ounce, pure honey, one ounce; water, four ounces—Mix. Useful in *scorbutic affections* of the gums, and for cleansing the mouth.

#### *Gargle of Alum.*

Take of alum, powdered, two scruples; water, four ounces—Mix. In *relaxation of the palate* and *bleeding gums*.

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#### EYE WASH.

#### *Wash of Alum.*

Take of alum, powdered, fifteen grains; rose water four ounces—Dissolve. For the eye in *chronic inflammation*.

#### OINTMENTS.

#### *Ointment of Galls, &c.*

Take of powdered galls, one ounce; camphor, half a dram; laudanum, two drams; spermaceti, or lard, one ounce. Make an ointment. An astringent ointment for *piles*, after the inflammatory stage has passed away.

#### *Ointment for Piles.*

Take of carbonate of lead, four drams; sulphate of morphia, fifteen grains; stramonium ointment, one ounce; olive oil, sufficient quantity—Mix. To allay *pain* and *inflammation*.

#### *Ointment of Iodine.*

Take of iodine, half a dram; iodide of potassium, one dram; rectified spirit (alcohol), one dram. Rub together, and add two ounces of lard. Used in *enlarged glands*, *scrofulous sores*, &c.

*Itch Ointment.*

Take flowers of sulphur, two ounces; sulphate of zinc, two drams; powdered hellebore, four drams; soft soap, four ounces; lard, eight ounces—Mix.

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## LINIMENTS.

*Camphor Liniment.*

Take of camphor, one dram; olive oil, four ounces. Gently heat the oil, add the camphor, reduced as small as possible, and agitate until dissolved. Use in *sprains, bruises, rheumatic pains, glandular swellings, &c.*

*Soap Liniment.*

Take of castile soap, four ounces; oil of rosemary, five drams; camphor, two ounces; alcohol, one and a half pint. Mix and dissolve. This is used in *rheumatism, swellings, bruises, sprains, local pains, &c.*

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## POULTICES.

*Mustard Poultice.*

Take of powdered mustard, two ounces; vinegar, as much as necessary to make a poultice. This may be too strong for young children or persons having very thin skins. In such case, from one-third to one-half of flour or Indian meal may be added, and instead of vinegar, water may be employed. It is seldom that they can be borne longer than half an hour.

*Poultice of Flaxseed.*

Take of ground flaxseed, one part; barley meal, one part; water, enough to make a poultice. Used for *painful inflammations* of all kinds.

*Yeast Poultice.*

Take of flour, one pound; yeast, half a pound—Mix. To be applied warm to *foul-smelling and gangrenous sores.*

*Slippery Elm Poultice.*

Take any quantity of slippery elm, and moisten it with hot water. This is a poultice that is excellent for *irritable sores*, when a soothing effect is desired.

If a more sedative effect be wished, half an ounce of *laudanum* may be added to either the bread, flaxseed, or slippery elm poultice.

It may be added, that poultices should never be made unnecessarily heavy nor thick, and they should be frequently repeated. They always ought to be put on warm, and as moist as they be made without being so soft as to flow when placed upon the skin. When they become dry, and the temperature falls, they can do but little, if any good, and may possibly cause more injury than service. The common poultices are useful in all cases of inflammation that cannot be cut short, to assist the process of suppuration, and the tendency of matter to the surface.

## MISCELLANEOUS RECIPES.

## DRINKS, BEVERAGES, ETC.

*Ginger Beer.*

White sugar, twenty pounds; lemon juice, eighteen ounces; honey, one pound; bruised ginger, seventeen ounces; water, eighteen gallons. Boil the ginger in three gallons of the water for half an hour, then add the sugar, the juice, and the honey, with the remainder of the water, and strain through a cloth. When cold, add the white of an egg, and half an ounce of the essence of lemon: after standing four days, bottle. This affords a very superior beverage, and one that will keep for many months. A very refreshing drink in warm weather.

## PERFUMERY, ETC.

*Cologne Water.*

Take of alcohol, one gallon; oil of bergamot, one ounce; oil of rosemary, one ounce; oil of lemon, two drams; oil of lavender, four drams; oil of cassia and cloves, of each, five drops; otto of roses, twenty drops—Mix and filter. There are many formulæ for making this water, and the ingredients may be varied to suit individual tastes. It should be known that it is essential that the spirit be of the purest kind, *scentless and tasteless*, and that the oils be genuine and *fresh*.

*Lavender Water.*

Take oil of lavender, eight ounces; essence of bergamot, one and a half ounce; essence of musk, four ounces; alcohol, two gallons—Mix well. This is very fine.

*Rose Water.*

Take otto of roses, twenty-five drops. Rub it in with an ounce of white sugar, and four drams of carbonate of magnesia, then add gradually half a gallon of water and four ounces of proof spirit.

*Stimulant for the Hair.*

Take of spirits of hartshorn, two ounces; lard oil, twelve ounces. Shake well together, and take care that it is kept tightly bottled.

*Lip Salve.*

Take of white wax, one ounce; sweet oil, one ounce; spermaceti, one dram. Melt all together, adding a little alkanet root to color, and while cooling, add oil of rose to perfume.

*Cold Cream.*

Take of oil of almonds, two ounces; spermaceti, half an ounce; white wax, one dram. Melt together, and while cooling, add two ounces of rose water, stirring it until cold.

*Hair Oil.*

Take of olive oil, sixteen ounces; cognac brandy, sixteen ounces; oil of bergamot, half an ounce; otto of roses, ten drops—Mix.

*Tooth Powder.*

Take of prepared chalk, two ounces ; myrrh, one dram ; powdered peruvian bark, half an ounce ; white sugar, one ounce ; rose pink, one ounce—Mix.

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## LOZENGES.

*Cough Lozenges.*

Take of powdered gum arabic, eight ounces ; oil of aniseed, six drops ; extract of opium, twelve grains ; Kermes' mineral, one dram ; pure extract of liquorice, two ounces ; white sugar, thirty-two ounces—Mix with water, and divide into small lozenges, after preparing the mass, agreeably to the direction of the first prescription. Dose : one may be sucked frequently through the day.

*Rhubarb Lozenges.*

Take of powdered rhubarb, one ounce ; sugar, eleven ounces. Mucilage, to mix, and prepare in the same way as the preceding ones. Divide into lozenges of twelve grains each. *Stomachic* and *laxative*. For those who are habitually constipated, this is a very neat and agreeable way of taking medicine for relief.

All other medicines in powder, may be administered in the shape of lozenges, and unless their taste is so strong and nauseous that it cannot be disguised, it is often a very agreeable way of taking them.

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*For Corns.*

Take sal ammonia, one ounce ; spirit, four ounces—Dissolve. Moisten the corn with this lotion morning and evening.

*Chilblain Ointment.*

Take of lard, nine ounces ; oil of almonds, three and a half ounces ; white wax, one and a half ounce ; camphor, powdered, one and a half ounce—Mix, and apply to the chilblain.

*Toothache Powder.*

Take Spanish snuff (sibella). This will clean the teeth as well as any other powder, and totally cure the toothache. Make a regular practice of washing thoroughly behind the ears every morning with cold water. The remedy is said to be infallible.

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*For Diarrhœa (valuable).*

Alum, two and a half grains ; sulphate of iron, two and a half grains. Give in powder, and repeat as occasion may demand.

*Bowel Complaints.*

Calcined rhubarb, in twelve-grain doses, every four hours, until the desired effect is produced, may be regarded as almost a *specific* in obstinate diarrhœa.

*Quick Digestion—Healthy Food.*

Of all the articles of food, boiled rice is digested in the shortest time—an hour. As it also contains eight-tenths nutritious matter, it is a valuable substance for diet. Tripe and pigs' feet are digested almost as rapidly. Apples, if sweet and ripe, are next in order. Venison is digested almost as soon as apples. Roasted potatoes are digested in half the time required by the same vegetable, boiled, which occupies three hours and a half—more than beef or mutton. Bread occupies three hours and a quarter. Stewed oysters and boiled eggs are digested in three hours and a half—an hour more than is required by the same article raw. Turkey and goose are converted in two hours and a half, and an hour and a half sooner than chicken. Roasted veal, pork and salted beef occupy five hours and a half—the longest of all articles of food.

*Substitute for a Bath.*

The following plan was adopted by Sir Astley Cooper, during many years of his life, and is worthy the example of those who cannot enjoy the blessing of bathing in their own houses:—

“Immediately on rising from bed, and having all previously ready, take off your night dress, then take up from your earthen pan of two gallons of water, a towel, quite wet, but not dripping: begin at your head, rubbing hair and face, and neck and ears well; then wrap yourself behind and before, from neck to chest, your arms, and every portion of your body. Remand your towel into the pan, charge it afresh with water, and repeat once all I have mentioned, excepting the head, unless that be in a heated state, when you may do so, and with advantage. Three minutes will now have been passed. Throw your towel into the pan, and then proceed, with two coarse, dry, long towels, to scrub your head and face, and body, front and rear, when four minutes will have you in a glow; then wash and rub hard your feet, brush your hair, and complete your toilette; and trust me that this will give a new zest to your existence. A mile of walking may be added with advantage.

## DOSES OF MEDICINES.

The Doses of Medicines directed in this work, unless otherwise particularly mentioned, are intended for grown-up persons of moderate strength. The following table shows the proportions in which the doses should be diminished during the earlier periods of life.

Suppose the dose for a person of

middle age to be - - - - - one, or one dram, (60 grains.)

For one from 14 to 21 years, it

will be - - - - - two-thirds, or two scruples, (40 grains.)

For one from 7 to 14 years - - one-half, or half a dram, (30 grains.)

“ 4 to 7 “ - - one-third, or one scruple, (20 grains.)

“ of 4 years of age - - one fourth, or fifteen grains.

“ of 3 “ - - one-sixth, or half a scruple, (10 grains.)

“ of 2 “ - - one-eighth, or eight grains.

“ of 1 “ - - one-twelfth, or five grains.

A teaspoonful (sixty drops) is considered equal to a dram, and a tablespoonful to half an ounce; but the propriety of accurately weighing or measuring the doses of medicine must be obvious to every one; every medicine chest should be furnished with a set of apothecaries' weights, a graduated measure for drops, (*minims*) for drams and for ounces.

One drop of laudanum is a full dose for an infant less than a month old.

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### CHRONIC COMPLAINTS.

It would, I think, be very proper to propose the following questions to all persons who are suspected to labor under *chronic* complaints, viz. :— Have you anything of the heartburn? any soreness or heat in the stomach? Does water ever rise in your mouth in the morning? Do you feel any nausea or sickness at your stomach in the morning? Are you oppressed with wind in your bowels? Do you find ease by discharging it? Does it ever rise in your throat or seem to fly between your shoulders? Have you any pain in your left side? Do you feel a sort of weight or pressure over your eyes? Have you a sensation of fullness after eating; a fluttering about your heart? Any swelling at the pit of your stomach, or pain on the right side of it, or under the blade-bone of your right shoulder? Do you not feel a faintness within you? Are you costive? Do you ever void worms or slime? Any difficulty of breathing?

An affirmative answer to the above interrogatories will afford tolerable evidence that the person is affected with chronic disease; and such persons should at once take medical advice, *in time*.

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### CHRONIC DIARRHŒA.

Since writing the article on Diarrhœa, which will be found in another part of this volume, a most obstinate case of the chronic form has occurred in the practice of my invaluable friend and brother practitioner, Dr. T. Stockbridge, of this city, and of which case he has politely furnished me with the history. I think, by the way, that I never knew a more judicious and successful physician than this gentleman; and I am glad to see that such men (would there were more of them than there are,) are properly appreciated by an ever just and discriminating public, in according to them so large a share of patronage.

Dr. S. informs me that he succeeded in curing the case above referred to (which was of a most aggravated description), by the administration of the *acetate of zinc*. I have myself derived great advantage from the same valuable medicine, in similar cases. Much, however, depends upon the manner of employing it, with reference to time, &c., as well as upon the doses in which it is given. In this case Dr. S. administered it in three-grain doses, repeated every four hours, and in a few days the cure, to the astonishment of the patient and his friends, was effected.

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### SCROFULA IN A NUT-SHELL.

The following excellent *bird's-eye view* of scrofulous diseases, contained in the accompanying *Synoptical Chart*, will give the reader a more correct idea of the *CAUSES* of this hereditary scourge than could many pages



of the most elaborately written description. It is concise, and to the point—clear and comprehensive. Such tables as this are of incalculable advantage, especially in economizing the learner's time—a matter of no small consideration, I trust, with *all*. In fact, in the *synoptical chart*, we are presented with the “pith and marrow” of the splendid work of M. Lugol, of Paris, on this wide-spread class of diseases. M. Lugol's Treatise is acknowledged by everybody to be the *best* now before the world, on scrofula; and the priceless truths therein laid down so eloquently, have earned for their author a world-wide reputation, as being one of the most profound and luminous pathologists living. The work has been most beautifully translated, quite recently, into the English language, by that ripe scholar and accomplished gentleman, A. Sidney Doane, A.M., M.D., of this city (now Health Officer of the port of New York); and from whose version this chart has been extracted, for the benefit of my readers and the cause of humanity. Dr. D. has carved out for himself a reputation, by his elegant translations from the French, second only to the distinguished authors whom he so faithfully and brilliantly introduces to our acquaintance, through his prolific and masterly pen:—

#### SYNOPTICAL CHART OF THE CAUSES OF SCROFULOUS DISEASES

*Children derive their health from that of their Parents.*

The causes of scrofulous diseases are referable to }  
three principal orders. }  
1. Hereditary causes.  
2. Pathological causes.  
3. External occasional causes.

In this order are comprised:—

- A. Inheritance of scrofulous diseases.
- B. Health of parents who beget scrofulous children.

##### SECTION FIRST.

- A. Inheritance of scrofulous diseases.

Characters of inheritance. }  
1. Generality of the disease in the family recognized by the *scrofulous or family constitution*.  
2. The mortality it causes in the family, which affects particularly the young children.

#### ORDER I.

These two characters must be studied. }  
a. In the family.  
b. In the different branches coming from a common origin.  
c. In children by different marriages.

#### HEREDITARY CAUSES.

##### SECTION SECOND.

- B. Health of parents who beget scrofulous children.

##### 1. ORIGINAL HEALTH.

- a. The parents scrofulous.
- b. “ “ with pulmonary tubercles (the tubercle is the predominant character of scrofula).
- c. The parents who have been scrofulous in infancy though now well.
- d. Parents who appear not to be scrofulous though their brothers and sisters are.

##### 2. ACCIDENTAL HEALTH.

- a. The parents syphilitic.
- b. “ “ incontinent.
- c. “ “ too young.
- d. “ “ too old.
- e. “ “ age disproportional.
- f. The male has not the relative strength of his sex.
- g. Parents, paralytic, epileptic, insane, &c.

beget scrofulous children.

beget scrofulous children.

- I. Some hereditary causes cannot be referred to a sufficiently marked state of the original or accidental health of the ancestral parents.

- II. Parents may not present symptoms of scrofula till after begetting scrofulous children.
- III. Hereditary scrofula never overleaps a generation.
- IV. Hereditary causes may exist in variable number, and be complicated.
- V. Marriage is one of the most common causes of the propagation of scrofulous maladies.

*Appendix to the Hereditary Causes.*

Scrofula is very frequent among foundlings and orphans.

The germ of scrofula may be transmitted by nurses to their nurslings.

ORDER II.

PATHOLOGICAL  
CAUSES.

- A. Relations of certain diseases of infancy with scrofula; these should be observed particularly.
  1. In Smallpox.
  2. In Measles.
  3. In Hooping-cough.
- B. Several morbid states, wrongly regarded as the pathological causes of scrofula, are only the forerunners of this affection; they are:
  1. Mucous or catarrhal fever.
  2. Fever of growth.
  3. Difficult dentition.
  4. Verminous pedicular affections, &c.
- C. Relations of pregnancy and labor with scrofula, which may arise when they exist.
  1. Pregnancy exercises a marked influence on the progress of scrofulous diseases (thus it arrests phthisis); *vice versa*; the scrofulous taint reacts on the embryo, and causes abortion.
- Abortion has its source,
 

{	<ol style="list-style-type: none"> <li>a. In the father's health.</li> <li>b. In the mother's health.</li> <li>c. In the health of both.</li> </ol>
---	---
2. Labor may cause the development of scrofula.
3. Labor is often difficult, because scrofulous females are badly formed; they are frequently so without appearing so; the pelvis is often badly formed.
- C. Erysipelas sometimes precedes the attack of scrofulous disease; it often supervenes during these diseases, on which it generally exercises a favorable influence.
- E. Syphilis complicates and aggravates scrofula, and *vice versa*.

ORDER III.

EXTERNAL  
OCCASIONAL  
CAUSES.

- A. Scrofulous endemia.
    1. The cause of scrofulous endemia, whatever it may be, has no special evident quality, depending on the topographical position of the places where it exists.
    2. Endemia may be produced.
 

{	<ol style="list-style-type: none"> <li>a. By the importation of scrofula.</li> <li>b. By the antiphlogistic treatment of syphilis.</li> </ol>
---	---
    - By the want of crossing the races.
  - B. Occasional causes.
    1. The invasion of scrofula is usually spontaneous.
    2. Scrofula is not contagious, and one man cannot be inoculated with scrofulous pus from another.
    3. Humidity and the other occasional causes of authors exercise a very bad influence on scrofulous diseases, but cannot produce it.
- This proposition is sustained:—
1. By special facts.
 

{	<ol style="list-style-type: none"> <li>a. Regimen of prisons.</li> <li>b. Regimen of camps.</li> <li>c. Regimen of vessels.</li> </ol>
---	--
  2. By general facts, as
 

{	<ol style="list-style-type: none"> <li>a. Regimen of prisons.</li> <li>b. Regimen of camps.</li> <li>c. Regimen of vessels.</li> </ol>
---	--
  4. Certain occasional causes, as unhealthy air, bad food, excessive labor, &c., debilitate a population, and they have scrofulous children.

## THEORY OF LIFE AND DEATH.

1st, *Of Life*.—The organs of an animate body, from their peculiar construction and adaptation, the one to the other, were designed for *action*, on the application of their proper *stimulus*, which is ELECTRICITY—*ethereal fire*.

2d. This subtle fluid is derived from THE SUN, pervading *everything*, in different proportions and degrees of combination, and upon which depend the form, color, quality, &c., of every *universal thing*—mineral, vegetable, and animal, in creation. *Electricity* is the UNIVERSAL LIVER—the *main-spring* whence all *action* emanates.

3d, *The Blood*.—The blood is the *pabulum* which nourishes the organs or body; from it our material existence is derived: but the *vital principle*—the *life* of the material or physical creation, *comes from the sun*.

4th, *Of Death*.—When, from a variety of causes, the organs are worn out, electricity cannot act upon them so as to reproduce *action*, any more than steam can act upon worn-out or broken machinery; and non-action or *death* is the necessary result. Again, if any of the *vital* parts of the animal machinery become broken or irreparably destroyed, from external violence, as in fatal accidents, for instance, the same natural consequence, death, ensues.—C. D. H.

## THE ELECTRICAL METHOD OF DIAGNOSTICATING DISEASES.

MAGNETIC Electricity applied to the body with *judgment*, is a new, certain, and safe means for ascertaining the *seat* and *nature* of different diseases. In stating this fact now to the world, I believe I am the *first* in the field. This point conceded, entitles me to the claim of priority and originality, in thus giving to Science a most valuable method of Diagnosis. The means which I employ for the purpose of forming an opinion—the promulgation of which I now claim the authorship—consists in applying the electrical fluid, through the operator's body, to that of the patient, over that part or those regions supposed to be the seat of the disease; the weak or diseased part will be more or less *sensitive* to the application, according to the *intensity* of the malady. In this manner we may not only discover the *true* seat, but the nature and gravity of the disease, with mathematical precision, if the practitioner is a skillful man. Hence, this method is believed to be far superior to any other, for forming a *correct Diagnosis*, with which the world is at present acquainted.

## ON DIAGNOSIS,

OR THE MODE OF DISCRIMINATING BETWEEN DISEASES, THEIR SEAT, ETC.

The following “*Duodynamic*” Method of ascertaining the seat and measure of disease, is extracted from Dr. H. H. Sherwood's work, entitled “*The Motive Power of the Human System*.” It is here presented to the

reader as a *curious* means of discovering the *seat* of maladies. Dr. S. is, I believe, the inventor of this method. I esteem him for his originality of mind and independence of character, and doubt not that his method, properly conducted, possesses advantages for finding the seat of disease which many others do not: the ELECTRICAL METHOD of Diagnosticating diseases, which I have the honor of having first presented to the world, is also a *sure* mode of arriving at the same, as well as *other important* results. This latter method I have likewise given in this Appendix, which will give the reader an opportunity of comparing it with the different modes employed in this all-important branch of Medical Practice.

*Symptoms.*—In order to determine whether a person is affected with tubercular diseases of the organs, we press with a finger or thumb on the vertebral spaces along the spine. If the person has the disease, there will be a place or places along the spine where pressure will produce pain. This pain, however, will be a mere tenderness of the part where pressure is made, in the *passive* state of the disease; but when the disease is *active*, this pain (produced by pressure) will dart into the diseased organ with a violence which increases with the intensity of the disease.

We know, therefore, that if pressure on any of these spaces produces pain, the person must have the disease, because the secreting glands in the organs connected by their appropriate chain of nerves with these spaces must be enlarged and irritable when pain is so produced.

In order to determine whether the disease affects any part of the head, we press on the back part and sides of the first joint of the neck, and under the Jaws. (See Engraving.)

In determining whether one or both lungs are tuberculated, it is necessary to press on the spaces on both sides of the last cervical or large and last joint of the neck and first dorsal, or first joint of the back; and if pressure on the right side produces pain, the right lung is tuberculated; but if pain is produced by pressure on the left side, the left lung may be tuberculated, or it may be the heart instead of the lung which is tuberculated, and produces this symptom, or both may have the same disease at the same time. In order to determine which is diseased, we may inquire whether the patient has a cough and expectorates, and whether he be subject to a hard beating of the heart. If he has cough and expectoration, the left lung is tuberculated, but if he has no cough, the heart, on examination, will be found to beat much harder than natural, and the sound of its action will be loud, and precisely like that of the churn, in churning.

In *tubercula* of the stomach, and its immediate appendages, called dyspepsia, pressure between the 2d, 3d, and 4th, and sometimes 5th and 6th dorsal spaces, (counting from the last or large joint of the neck,) produces pain.

In *tubercula* of the liver, called *chronic inflammation* of the liver, or *liver complaint*, pain is produced by pressing on the right side, between the 7th and 8th, and 8th and 9th dorsal spaces, and directly opposite to the lower part of the right shoulder blade.

In *tubercula* of the spleen, pain is produced by pressure on the left side of the last named, or 7th and 8th, and 8th and 9th dorsal spaces, and opposite to the lower part of the left shoulder blade.

In *tubercula* of the right kidney, pain is produced by pressure on the right side of the space between the 12th or last dorsal, and first lumbar

vertebræ, and in tubercula of the left kidney, pain is produced by pressure on the left side of the 12th dorsal and 1st lumbar.

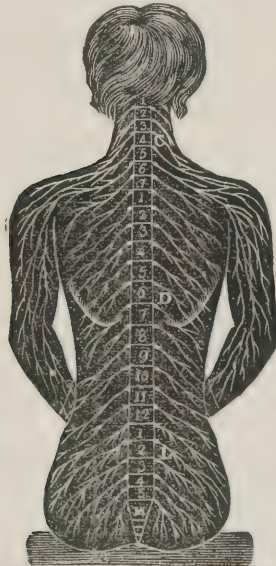
In *tubercula* of the uterus, called leucorrhea, chlorosis, amenorrhea, and menorrhagia, pain is produced by pressure, between the 2d and 3d, and 3d and 4th, and sometimes the 4th and 5th lumbar spaces, or between all the joints of the small of the back, except the 1st and 2d.

In *tubercula* of the genital organs, pain is produced by pressure between the 5th or last lumbar space, and the os-coccyx.

This pain, produced by pressure, is always more or less severe, in proportion to the severity of the disease. If there is but little disease, the pressure will produce but little pain; but if there is much disease, the pain will be severe.

The disease, in whatever organ it may be, is always either *active*, or *passive*, and if it is *active*, when such pressure is made, *this pain, on every repetition of the pressure, will dart into the diseased organ, with a force or violence, proportioned to the intensity of the disease.*

#### Ganglions of the spinal nerves in the intervertebral spaces.



There are 7 cervical vertebrae, C; 12 dorsal, D; and 5 lumbar, L; these vertebrae, with the sacrum and os-coccyx, m, constitute the spinal column.



We press on the *sides* of the 1, cervical vertebræ to find symptoms of tubercula of the head—cerebellum, of the brain, throat, nose, eyes, or ears.

Press on the *sides* of the 2, 3, 4, 5, 6, and 7 cervical to find tubercula of the muscles, (Rheumatism) or the vertebræ, or of the joints of the limbs—white swellings, &c.

Press on the sides of the inter-vertebral space between the 7 cervical and 1 dorsal, to find tubercula of the lungs, and

Press on the left side of the same space to find tubercula of the heart.

Press on the space between the 1 and 2 *dorsal* vertebræ to find tubercula of the stomach.

Press between the 2 and 3 *dorsal*, to find tubercula of the duodenum.

Press between the 3 and 4 dorsal, to find tubercula of the colon.

Press between the 4 and 5 dorsal, to find tubercula of the pancreas.

Press between the 6 and 7 dorsal, to find tubercula of the omentum.

Press on the right side of space between the 7 and 8 dorsal, to find tubercula of the liver, and on the left side, to find tubercula of the spleen.

Press between the 8 and 9 dorsal, to find tubercula of the diaphragm.

Press between the 9 and 10 dorsal, to find tubercula of the peritoneum.

Press on the spaces between the 11 and 12 dorsal, to find tubercula of the small intestines.

Press on the space between the 12 dorsal and first lumbar, to find tubercula of the kidneys.

Press on the space between the 1 and 4 lumbar, to find tubercula of the uterus, ovaria, prostate gland, vesiculæ seminales, and testes.

Press on the spaces between the 4 lumbar and os-coccyx, to find tubercula of vagina, &c.—H. H. SHERWOOD, M.D., on *The Motive Power of the Human System*.

## OF THE BONES.

THE bones are composed of two substances—one soft and the other hard. The two and their nature can be easily perceived, if two similar bones be placed, one in fire, and the other in some diluted mineral acid. In a short time, if taken out, though both have the same form as before, one will bend, indeed may be tied in a knot, the other will crumble like chalk, the acid having removed the hard or earthy portion, and the fire destroyed the softer or cartilaginous portion. The form of each being the same as before the experiment, it will be seen that the hard and soft parts are intimately blended throughout the bone.\*

\* Sometimes, by disease or some cause, the hard part is removed from the bone during life, and the bone thus affected will bend in any direction, and people will say the bone is gone. I have seen one such case, the upper arm bone of a young man, 18 years old: the cause I could not learn; the ultimate effect I have not yet heard. In other respects he seemed to enjoy usual health.—LAMBERT.



# DOMESTIC PHARMACY.

## SHOWING THE PROPERTIES, USES AND DOSES OF MEDICINES.

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[In every instance, unless otherwise expressed, the dose is for an adult. The usual rule for apportioning doses to different ages is given upon page 503, Appendix, to which we beg to refer.]

*Æther Nitric.* *Sweet spirits of niter.*—A diaphoretic, diuretic, antispasmodic, and stimulant. Employed in fevers, and in affections of the kidneys. Dose: twenty drops to a teaspoonful every two hours, in a small portion of water.

*Ammonia Bicarbonate.*—An antacid. Used to neutralize acid in the stomach. Free from the stimulating properties of carbonate of ammonia. Dose: five grains to twenty-five, dissolved in *cold* water, or bitter infusions. The carbonate of ammonia may be used for the same purpose, and in the same dose.

*Angustura Bark.*—A stimulant tonic. It has been found particularly serviceable in the bilious diarrheas and dysenteries of hot climates; it has also been very successfully employed in the malignant fevers of the tropics. Dose: from ten to thirty grains. It is also given in infusion, tincture and extract.

*Aniseed.*—A pleasant aromatic carminative, that relieves pain in the bowels from flatulence, and may be used whenever the stomach requires stimulating. Used much for flavoring liquors, and for making a cordial. Dose: in powder, twenty to thirty grains.

*Arnica.* *Leopard's Bane.*—A nervous stimulant, much used on the continent of Europe in many nervous and painful affections. It is said to said to produce diuretic, diaphoretic and emmenagogue effects. The tincture of it is much employed to allay inflammations of the skin, and in bruises and other injuries. It is a great homeopathic remedy. Dose: in powder from thirty grains to a dram. The dose of the infusion (one ounce to a pint of water, one to two tablespoonful every two or three hours.

*Assafrtida.*—A powerful stimulating antispasmodic. Employed in the nervous diseases of females, in epilepsy. St. Vitus' dance, in the convulsions of infants, when dependent, especially, on flatulence, and indeed in almost

every variety of spasmodic disease. In hysterics there is no remedy equal to it, and it has been found highly efficacious in chronic colds and other affections of the lungs. In truth, looking at the immense number of affections in which it has been successfully administered, there is scarcely another remedy of such varied application. It is given in several forms. Dose : ten grains or more, made into pills. It is often used as an injection in spasms. One or two drams, rubbed up with warm water into an emulsion, may be administered at once in this way. *Assafœtida* is frequently combined with other medicines.

*Avens.*—A tonic and powerful astringent. A native plant, used in chronic or passive hemorrhages, in whites, and in diarrhea, in dyspepsia, and in the debility of consumption. Dose : of the powdered root, one scruple to one dram, three times a day. The decoction is made by boiling one ounce in a pint of water ; and it is given in doses of one to two fluid ounces.

*Bearberry.*—Astringent and tonic. Given in diseases of the urinary organs of nearly every kind, in the chronic stage. Dose : of the powder, one scruple to one dram, three or four times a day.

*Belladonna.* *Deadly Nightshade.*—Narcotic. Used in neuralgia, convulsions, epilepsy, rheumatism, dropsy, jaundice, and in a large number of nervous and painful diseases. It is a medicine of great value, when judiciously used. Dose : one grain of the powdered leaves, once a day, and increased gradually. Dose of the *extract*, half a grain to two grains.

*Blackberry Root.*—Tonic and astringent. Employed in chronic diarrhea. Used generally in the form of a *decoction*, which is made by boiling one ounce of the root, in a pint and a half of water down to a pint. Dose : two ounces several times a day.

*Blood Root.*—Narcotic, stimulant, and emetic. This article is getting into very general use in affections of the lungs, rheumatism, jaundice, &c. Generally given in the form of *tincture*. Dose of tincture, from thirty to sixty drops, three times a day.

*Boneset.* *Thoroughwort.*—Diaphoretic and tonic. Used in ague, dyspepsia, and general debility. Dose : twenty grains in powder, three times a day, or it may be given in infusion. Infuse one ounce in a pint of hot water. Dose : three or four tablespoonsful.

*Bugle Weed.*—A narcotic, tonic and astringent. Used in consumption, bleeding at the lungs, quieting irritation and allaying cough. Given in infusion, which is made by infusing one ounce of the herb in a pint of boiling water. Dose : the whole of this quantity daily.

*Burdock.*—Diaphoretic and aperient. Used in scrofulous, venereal, cutaneous, gouty and urinary affections. The *decoction* is made by boiling two ounces of the root, seeds or leaves, in three pints of water down to two. Dose : one pint daily.

*Butternut.* *White Walnut.*—Cathartic. An excellent purgative. Dose : from five grains to twenty-five.

*Calamus.* *Sweet Flag.*—An aromatic. Dose : one scruple to one dram.

*Columbo.*—Tonic. One of the best tonics we possess after acute diseases. It is used in hectic fever, and, combined with aromatics in flatulent bowels. Dose, in powder, from ten to thirty grains, three or four times a day. Infusion is the best form in which to administer it.

*Camphor.*—A diffusible stimulant, in moderate doses ; in larger, a narcot-

*ic.* This remedy is given advantageously in the advanced stages of typhoid fever, when nervous symptoms predominate. In all other nervous diseases, it is often useful. As a liniment, it is very beneficial in local pains, and it enters into the combination of a large number of official preparations. Dose: two to ten grains, according to circumstances.

*Caraway Seeds.*—A pleasant stomachic and carminative. Used to relieve flatulence, &c. Dose: in substance, from one scruple to one dram. It is generally used combined with other medicines.

*Cardamon Seeds.*—A stomachic and aromatic like the preceding, and used under similar circumstances and in like manner.

*Carrot.*—Stimulant and diuretic. Used in affections of the kidneys and dropsy. Generally given in infusion, which is made by taking an ounce of the seeds or root, and infusing in a pint of boiling water. Dose: a pint during the day. Carrots are also much used as poultices in foul ulcers, the fetor of which they are to correct.

*Cloves.*—Stimulant and stomachic. Used in flatulence, and defective digestion. Dose: five grains to ten, in powder.

*Cascarilla.*—Aromatic and tonic. Used in dyspepsia, chronic dysentery and diarrhea, &c. It has a very pleasant odor. Dose: one scruple to half a dram, several times a day. It is also administered in infusion, tincture and extract.

*Castor Oil.*—Mild, but effectual cathartic. Used in inflammatory and spasmodic diseases of the bowels or of the urinary organs, in diseases of infancy and childhood, and during pregnancy and after delivery. If castor oil be at all rancid, it is very acrimonious, and causes much irritation. Dose: half an ounce to two ounces. It is best administered floating on the surface of water to which some aromatic tincture has been added.

*Catechu.*—Powerfully astringent and gently tonic. Used in chronic diarrhea and dysentery, and in hemorrhages unaccompanied with excitement. Dose: ten grains to thirty, frequently repeated. It is best administered with sugar, gum arabic and water.

*Cayenne Pepper.*—A powerful stimulant. Used in dyspepsia, dependent on debility of the stomach. It is sometimes added to tonic medicines. Its most important application is in malignant sore throat and scarlet fever. The following is the formula as it is commonly administered in these cases. Two table-spoonful of the powdered pepper, and a tea-spoonful of table salt are infused for an hour in one pint of equal parts of boiling water and vinegar. It is then to be strained. Dose: a table-spoonful every half hour. This infusion is also used as a gargle at the same time. Dose of the powder, is five to ten grains, given in pill.

*Centaurry, American.*—Stomachic, tonic, and febrifuge. Used in dyspepsia, fever and ague, remittent fevers, and as a tonic during convalescence from acute diseases. It is generally given in infusions, made by pouring a pint of boiling water on an ounce of the herb. Dose: of infusion, two fluid ounces frequently repeated.

*Chalk, Prepared.*—An antacid. Used to correct acidity of the stomach. It is commonly used in diarrhea, in the form of mixture, when it is supposed an acid is causing the irritation. Dose of the powder, from ten to forty grains. Dose of *chalk-mixture*, a table-spoonful, often repeated.

*Chamomile Flowers.*—Aromatic and bitter tonic. Used chiefly in dyspepsia depending on debility of the stomach, in which it is very efficacious. It is generally given in infusion, which is made by taking two

drams of chamomile, and boiling water half a pint, infusing for twenty hours and straining. Dose : of infusion, one to two ounces, several times a day.

*Cerry Bark, wild.*—Tonic and sedative. This is a remedy that has become very popular in the hectic fever of scrofula and consumption. It is also used in ague, dyspepsia, &c. Dose : of powder, thirty grains to one dram. It is better given in infusion. Take of the bark, bruised, half an ounce, cold water, one pint. Let it infuse for twelve hours, and strain. Dose : of infusion, three or four fluid ounces, several times a day.

*Cinnamon.*—A very grateful aromatic. It is generally used in combination with other medicines. Dose, in powder, is from ten grains to one scruple.

*Colocynth.*—A powerful cathartic. It is never used alone. A form, known as the *compound extract of colocynth*, is an excellent purgative and much used. The dose of this extract is five to fifteen grains, according to the effects desired.

*Coltsfoot.*—Expectorant. Used in coughs and consumption. Generally given in infusion, made by infusing one ounce in one pint of water. Dose : teacupful often repeated.

*Copaiba.*—Stimulant, diuretic and laxative. Used in whites, gleet, chronic dysentery, chronic coughs, chronic inflammation of the bladder, and especially in gonorrhea. Dose : twenty to thirty drops, three times a day. It is very nauseous, and therefore is best mixed with gum mucilage and aromatic water to conceal, as much as possible, its taste.

*Cranesbill.*—A powerful astringent. Used in diarrheas, and all chronic discharges. A very popular medicine and a very good one, and may be employed in all cases when an astringent is required. It is best given in decoction. Boil an ounce of the root in a pint and a half of water to one pint. Dose, from two to four tablepoonsful, four times a day.

*Cream of Tartar.*—A cathartic and diuretic. It is used in dropsy, and in some female complaints, and combined with sulphur, in piles. Dose, as a cathartic, from half an ounce to an ounce ; one or two drams will act as an aperient. It is generally mixed with molasses when it is administered.

*Croton Oil.*—A powerful purgative. It acts with great rapidity. It is generally used in obstinate constipation, when other medicines have failed. Dose : one or two drops, mixed with crumbs of bread and made into a pill.

*Cubebs.*—Stimulant and diuretic. Used in disease of the urinary organs. Dose, in powder, one to three drams, repeated four times a day.

*Deuberry Root.*—Used like "*Blackberry Root*," which see.

*Dandelion.*—Diuretic and laxative. Used with much benefit in disorder of the liver and stomach. It promotes the secretion of bile. It is usually given in decoction. Two ounces of fresh, or one ounce of dried root, sliced, is to be boiled with a pint of water down to half a pint. Dose : four tablepoonsful three times a day.

*Digitalis.*—*Purple Fox Glove.*—Diuretic, sedative, and narcotic. Used in dropsy, consumption, disease of the heart, epilepsy, spasmodic asthma, &c. Dose of the powder is one grain, two or three times a day. It is a powerful medicine and its effects must be closely watched.

*Dock, Yellow, and Water.*—Tonic and astringent. Used very much in affections of the skin. The two kinds possess similar properties, and are

used alike. The decoction is made by boiling one ounce of dried root or two ounces of fresh, in a pint of water, four tablespoonsful of which may be given at a dose, four times a day.

*Elecampane Root*.—Tonic, stimulant and diaphoretic. Much used formerly in suppressed menstruation, and is now often employed in diseases of the skin. Dose of the powder, is one scruple to one dram. The decoction is made by boiling half an ounce in a pint of water, the dose of which is two to four tablespoonsful, three times a day.

*Ergot. Spurred Rye*.—This medicine is specific in its action. It is almost wholly employed as a stimulant to the womb for promoting contraction during and directly after labor. It has also been employed successfully to check internal bleedings. Dose in powder, to a woman in labor, is fifteen or twenty grains, to be repeated every twenty minutes, until its effects are manifested, or until a dram has been given.

*Fennel Seed*.—A pleasant aromatic. Much used to correct the harshness and griping operations of other medicines. Dose: twenty to thirty grains, of the bruised or powdered seed.

*Fleabane*.—A diuretic. Used in dropsy. Highly esteemed by some practitioners for this purpose. Administered in decoction, made by boiling one ounce in a pint of water. Dose: a wineglassful every three hours.

*Gentian Root*.—Tonic. It is much used when a mild and agreeable tonic is desired. Dose of the powder, is from ten to forty grains. The tincture or infusion is the form in which it is usually administered.

*Ginger*.—An excellent stimulant and carminative, and is frequently given in dyspepsia, flatulence, and to correct other medicines. Dose of the powder, is from five grains to twenty. An infusion may be made by pouring a pint of boiling water upon half an ounce of the powder, or bruised root, the dose of which is two to four tablespoonsful.

*Gold Thread Root*.—Tonic. Useful whenever a tonic is needed, especially after fevers. Dose of the powder, ten to thirty grains. A tincture may be made by adding a pint of diluted alcohol to an ounce of the root, the dose of which is a teaspoonful.

*Hemlock. Conium*.—A narcotic. Used in diseases of the skin, scrofula, chronic rheumatism, neuralgia, chronic coughs, &c. Dose of the powdered leaves, three or four grains, twice a day. As the system soon becomes accustomed to its use, it is necessary gradually to increase the dose, that its effects may be maintained.

*Henbane*.—A narcotic, acting occasionally on the skin or kidneys, and bowels. Used in all kinds of painful nervous diseases, in chronic rheumatism, chronic coughs, in hysterics, and in short, in every kind of case in which opium is employed. It is not so potent as opium, and it is sometimes borne when opium cannot be tolerated. Dose of powdered leaves, five to ten grains. Dose of the tincture is a teaspoonful for ordinary effects.

*Hops*.—Tonic and narcotic. Used in dyspepsia, the nervousness of drunkards, and to allay pain. They may be used in an infusion, made by pouring a pint of boiling water on half an ounce, in the dose of four tablespoonsful four times a day. Dose of the tincture is half a teaspoonful to two teaspoonsful.

*Horehound*.—Tonic. Used much in common practice in coughs, colds, &c., and in cases of debility. Generally given in infusion, made with an



ounce of the herb to a pint of boiling water. Dose : a wineglassful several times a day.

*Ipecacuanha*.—In large doses, emetic ; in smaller, diaphoretic and expectorant ; and in minute doses it acts as a stimulant to the stomach. As an emetic it is preferable to all others when there is irritation of the stomach, or for children and persons who are feeble. It may be given in very large doses without causing any dangerous consequences. In small doses, especially when combined with opium, it acts with great certainty on the skin. It appears to possess some specific tendency to the mucous membranes, by which their secretions are improved. It has been used with much success in dysenteries and diarrheas, and it is an admirable expectorant, not always by increasing expectoration, but by bringing the lining membrane of the lungs to the condition of health. Dose, as an emetic, twenty to thirty grains, which may be repeated in twenty minutes ; as a diaphoretic and expectorant, half to one grain, every three hours.

*Iron*.—The general effects of all the different preparations of iron employed for medical purposes are powerfully tonic, exciting the pulse, increasing the secretions, and adding to the coloring material of the blood. They are used in most female affections that are characterized by paleness and debility, in all exhausting discharges, in restoring the menstrual evacuation, in scrofula, rickets, neuralgia, &c. Iron should not be employed when active inflammation exists, nor in diseases of excitement.

*Iron, Black Oxide of*.—Possesses the general properties described above as belonging to iron. Dose, from five to twenty grains, three times a day.

*Iron, Precipitated Carbonate of*.—This is a very mild and excellent preparation. In addition to the diseases already enumerated in which iron is useful, it has been strongly recommended in cancer, and in St. Vitus' dance. It is the best of all remedies for neuralgia. Dose : as a tonic and for ordinary cases, five to twenty grains ; in neuralgia, half a dram to a dram or more, three times a day. It is a good plan to add a few grains of ginger, and a grain or two of rhubarb to each dose. It may be administered in syrup or molasses.

*Lead, Sugar of*.—Powerfully astringent and sedative. Used in bleedings from the lungs, stomach, and womb, (in which it is an excellent remedy,) in chronic dysentery, diarrhea, and cholera infantum, and Asiatic cholera. It sometimes has been known to cause *painter's colic*, and *lead palsy*, when long continued. It is perhaps judicious, while using it, to take small quantities of vinegar for preventing its decomposition. It is nearly always combined with opium. Dose : one to two grains in pill, which may be repeated every two or three hours.

*Lettuce*.—A narcotic. It lulls pain and produces sleep. Its action is much like that of opium, without affecting the head, or causing constipation, like that drug. It is mostly used to allay cough and quiet nervous excitement. It is used as a kind of extract, the dose of which is two grains.

*Lime Water*.—Antacid, tonic, and astringent. Used in dyspepsia, with acidity of the stomach, diarrhea, sick stomach, and externally as a wash to eruptions, foul ulcers, &c. When employed internally, it is best given combined with an equal quantity of milk, which quite conceals its disagreeable taste. Dose : two to four ounces, several times a day. For



nausea, a tablespoonful, mixed with milk, may be given every fifteen minutes.

*Liverwort*.—Mild, tonic, astringent, and diuretic. Much used in bleeding from the lungs, consumptions, cough and liver complaints. It may be drank in infusion, in any quantity, as a common beverage.

*Magnesia, Carbonate of*.—An antacid. Used in sour stomach. By combining with the acid in the stomach it is slightly purgative. Dose: half a dram to two drams, mixed with milk or water, and a little syrup.

*Magnesia, Sulphate of. Epsom Salts*.—An excellent cathartic, producing watery stools, without pain; used generally in inflammatory diseases and fevers. Dose: one ounce, or more

*Male Fern*.—Tonic and astringent. It has had a high reputation for destroying worms, especially the tape-worm. Dose of the powder is from one to three drams, to be given with molasses every morning and evening, for one or two successive days. It is customary to administer a brisk cathartic directly afterward.

*Mallows*.—Used in colds, dysenteries, and complaints of the kidneys and bladder, for its demulcent properties. The decoction may be drank in any quantity.

*Manna*.—A mild laxative, but producing sometimes flatulence. It is usually given to children and pregnant women. It is commonly combined with senna, rhubarb, salts, &c., the taste of which it conceals. Dose: from one to two ounces; for children, one to two drams. It may be dissolved in water.

*Mustard*.—A stimulant. Has been used in dyspepsia, particularly the white mustard seed taken whole in the quantity of a tablespoonful, two or three times a day. Two teaspoonsful or more make an excellent emetic in cases of narcotic poisoning, by being mixed with a tumbler of warm water. It is also an excellent emetic in the beginning of Asiatic cholera, when the stomach is oppressed with undigested food.

*Oil of Caraway*.—Stimulant. Dose: one to ten drops.

*Oil of Cinnamon*.—Stimulant and cordial. Dose: one to two drops.

*Oil of Cloves*.—Stimulant. Dose: two to six drops.

*Oil of Juniper*.—Stimulant and diuretic. This oil is used sometimes, in connection with other medicines, in dropsies of debilitated subjects. Dose: five to fifteen drops, three times a day.

*Oil of Partridge Berry*.—Stimulant. Used to flavor, having that of wintergreen.

*Oil of Pennyroyal*. Stimulant, &c. Dose: two to ten drops.

*Oil of Peppermint*.—Dose: one to three drops. Essence of Peppermint is made from it. Dose: ten to twenty drops.

*Oil of Rue*.—Stimulant and antispasmodic. Has been used in hysterics and convulsions. Dose: two to five drops.

*Oil of Sassafras*.—Stimulant, &c. Much used. Dose: two to ten drops.

*Oil of Savine*.—Stimulant. It has been much employed by empirics to restore the monthly discharges of females, and to produce abortion, and sometimes with fatal consequences. Dose: two to five drops.

*Oil of Turpentine*.—Stimulant, antispasmodic, diuretic, and vermifuge. It is used in chronic diseases of the urinary passages, and in whites, gleet, ulcerations, particularly in typhoid fever, rheumatism, and bleeding from the stomach and lungs. It is an excellent remedy also for worms in the

bowels, and given conjoined with castor oil, when free purging is desired, will be of much advantage. In convulsions it is often the best remedy we possess, in which case it may be used as an injection; hysterics it will frequently relieve almost instantly, administered in the same manner. It sometimes occasions much irritation of the kidneys and bladder, if given in an over dose. Dose: five drops to twenty drops as a diuretic; as a vermifuge, it may be given in an ounce dose. As an injection, an ounce may be used with starch-water, &c.

*Parsley Root.*—Aperient and diuretic. Used in affections of the kidneys, and in dropsy. It is well spoken of by high authorities. It is administered in infusion. Two ounces may be added to one pint of boiling water, and allowed to stand for two or three hours. Dose: two to four table-spoonfuls, frequently repeated.

*Penny Royal.*—Stimulant and aromatic. When taken as a warm tea it promotes perspiration. It is given in flatulent colic and sick stomach, and it is sometimes used in domestic practice to promote the monthly discharge. A large cupful may be taken at bed-time for this purpose.

*Pepper, Black.*—A warm stimulant. It is given in debility of the stomach, and has been accounted a good remedy in ague. Dose: five to twenty grains.

*Peppermint.*—A stimulant and aromatic. It is useful to relieve pains in the stomach, and flatulence, and for giving an agreeable flavor to other medicines. It may be given in infusion, but the essence or oil is more in common use.

*Peruvian Bark.*—An admirable tonic and febrifuge. There is no medicine belonging to the class of tonics so extensively used as this. It may be given in any of the diseases of debility in which tonics are indicated; but its chief value is derived from its power in checking fever, especially ague, and relieving all affections of a *periodical character*. Dose, in ague, one dram, to be repeated every four hours, during the intermission; in other affections, as a tonic, ten to thirty grains. Quinine which is prepared from it, being so much more convenient to administer, has nearly superseded its employment. It is also given in decoction, infusion, and tincture.

*Pink Root. Carolina Pink.*—A vermifuge. For destroying worms we have in this country perhaps no remedy equal to it. Dose of the powdered root for a child three or four years of age, from ten to twenty grains; for an adult, from one to two drams, to be repeated morning and evening, for several successive days, after which an active cathartic should be administered. It is more generally, however, given in infusion, for a form of which see "*Prescriptions*," under the head of "*Anthelmintics*."

*Quinine, Sulphate of.*—Prepared from Peruvian bark, which see for ascertaining its medicinal properties and uses. Twelve grains of quinine are considered equal to an ounce of bark. Dose as a tonic, one grain three or four times a day; in ague, it may be given in two to five-grain doses every three hours, during the intermission of the disease.

*Rhubarb.*—Tonic, cathartic, and astringent. This is one of the best of cathartics when the bowels are in a debilitated condition, but from its astringency it is calculated to induce constipation; for this reason it is often useful in diarrheas that are caused by irritating matter in the intestines, and is highly serviceable in the bowel affections of infancy and early childhood. It is generally given in combination with other medicines, as

*Jalap, aloes, magnesia, &c.* In fevers it is inferior to other cathartics, unless in the advanced stages, when the system is much reduced. Dose: twenty to thirty grains as a purgative; as a laxative, five to ten. For infants the syrup may be used, the dose of which is a teaspoonful or two.

*Saffron.*—Stimulant, antispasmodic, and it is thought to possess the property of stimulating the womb and causing the menstrual flux. It is now chiefly used in domestic practice to promote the eruption in measles, &c. Dose: ten to thirty grains.

*Senna.*—An active cathartic. It may be used in all cases requiring a thorough purging, especially in the early stage of fevers, and in inflammatory affections. It is commonly combined with Epsom salts, manna, &c. As it has a tendency to gripe, some aromatic should always be added to it. The infusion is prepared by pouring two ounces of boiling water on two to four drams of the leaves and allowing it to stand for thirty minutes. The whole for a dose. It may be sweetened with sugar to render it more palatable.

*Snake Root, Black.*—Tonic, diaphoretic, diuretic, and anti-spasmodic. Used in dropsy, rheumatism, hysterics, and in St. Vitus' dance for which it is highly commended. It is probably one of the most valuable of our native plants. The decoction is made by boiling for ten minutes, an ounce of the bruised root in a pint of water. Dose: two to four table-spoonsful, several times a day.

*Snakeroot, Seneca.*—Stimulant expectorant, and diaphoretic. It is much used in affections of the lungs, and, in large doses, it has been successful in rheumatism. Dose of the powder is ten to twenty grains, but it is usually given in decoction or prepared as a syrup, with squills and antimony. To make the decoction, take bruised seneca, one ounce, water, two pints; boil down to a pint and strain. Liquorice root may be added before boiling, to improve the taste. Dose: four table-spoonsful three times a day.

*Snakeroot, Virginia.*—Stimulant tonic, diaphoretic, and diuretic. It is used in typhoid fevers, in ague, in obstructed menstruation, and for promoting the eruption in measles, scarlet fever, &c. Administered generally in infusion and tincture. To make the infusion, take half an ounce of snake-root, and a pint of boiling water, infuse for two hours and strain. Dose: two to four table-spoonsful, repeated every hour or two in low fever; three times a day or oftener, in other affections.

*Worm Seed. Jerusalem Oak.*—An excellent vermifuge. Dose for a child two or three years of age, is one to two scruples of the seeds in powder, mixed in molasses, and given morning and evening for three days. A brisk cathartic should then be administered.

*Wormwood.*—A strong tonic. Used in general debility, dyspepsia, in worms, ague, &c. The infusion is made by drawing an ounce of the tops in a pint of boiling water. Dose: two to four table-spoonsful, three times a day, or oftener.

## A GLOSSARY,\*

GIVING the meaning of such words, &c. as are employed in this volume,  
and not otherwise accessible to the non-medical reader :—

*Abdomen*, the lower part of the body, containing the stomach, intestines, liver, kidneys, &c.

*Anorexia-y*, want of appetite

*Assimilate*, to become like—to grow like.

*Abscess*, a collection of matter.

*Anti-aphrodisiac*, anti-venereal.

*Amnion*, the membrane immediately inclosing the fetus.

*Auricles*, the superior cavities of the heart.

*Artery*, one of those blood-vessels which convey the blood from the heart to all parts of the system or body.

*Alcohol*, any kind of ardent spirits.

*Aperient*, a gentle opening medicine.

*Absorb*, to imbibe or suck up.

*Absorbent*, a vessel which sucks up.

*Auditory Nerve*, the nerve of the ear.

*Anchylosis*, an immovable joint.

*Ardor Urinæ*, a scalding on making water.

*Antiphlogistic*, a cooling medicine.

*Botal. foramen of*, the oval hole in the fetal heart, discovered by Leonard Botal, an anatomist—whence the name.

*Bile*, the gall; a fluid formed by the liver, from the blood.

*Bronchia*, the air-passages of the lungs.

*Bougie*, an instrument used in stricture.

*Cardiac*, pertaining to the heart.

*Capillary*, a very small, hair-sized vessel of the body.

*Chylopoetic*, concerned in the formation of chyle.

*Chyle*, a milk-like fluid formed from the food in the small intestines.\*

*Catamenia*, the monthly discharge from the womb of females.

*Colluquitiæ*, any excessive discharge from the body, as sweat, &c.

*Cathartic*, a purgative medicine to increase evacuation from the intestines, as aloes, jalap, mandrake, croton oil, &c.

*Clitoris*, the female penis, or a glandular body much resembling that organ; a part of the female generative apparatus.

\* Anatomical technicalities, not affecting the *text*, are not included in the *Glossary*.

*Coition*, the amorous connection of the male and female in the act of procreation.

*Copulation*, the same as coition.

*Chorion*, the second membrane inclosing the fœtus—the caul.

*Coxys*, or *Corygis*, the tip of the tail in brutes, or termination of the back-bone in the human body.

*Chyme*, the food before it passes into the small intestines.

*Capillary Anastomoses*, intercommunication of the smallest vessels of the body.

*Cicatrix*, a scar.

*Calculi*, a strong concretion, sometimes hard, sometimes soft; they are found occasionally in all parts of the body, but in the gall and urinary bladders especially.

*Cuticle*, the outside skin.

*Chordee*, spasm or involuntary erection of the penis.

*Charlatan*, a quack—or an ignorant and false pretender to a knowledge of the science of medicine—a heartless “land shark.”

*Deglutition*, the act of swallowing.

*Digestive Apparatus*, the mouth, swallow, meat-tube, liver, stomach, sweet-bread, spleen, small intestines, large intestines, are collectively called the digestive apparatus.

*Deposit*, a receptacle, or the thing deposited in the receptacle.

*Decoction*, the act of boiling—the boiling of anything.

*Diluent*, such medicines or diet drinks as have the power of thinning or diluting the humors.

*Discutient*, medicine to disperse swellings, &c.

*Extremities*, the limbs of the body.

*Expectoration*, the substance raised in coughing.

*Eruclations*, belchings of wind from the stomach.

*Effluvium*, stench—in this instance, from the body.

*Evacuants*, medicines whose office is to increase the discharges from the body, whether solid or fluid.

*Efflux*, to flow; the thing flowing.

*Epiploon*, the doubling of the membrane covering the intestines, &c. the omentum or caul.

*Elaborate*, high-wrought, refined; well-worked.

*Exciting*, that cause which really produces the disease; as exposure to damp air is the *exciting cause* of a catarrh or cold.

*Fauces*, the upper part of the throat.

*Fetus*, the first rudiments of a child; a child or any other animal before it is born.

*Flux*, any free discharge from the body.

*Femur*, the bone of the thigh.

*Fæces*, excrement, or the refuse of the intestines.

*Fistula*, a hard tube caused by disease.

*Frænum*, a bridle of flesh.

*Gastric Juice*, a fluid poured into the stomach by its lining membrane, whose office is to assist in digesting the food.

*Gastric*, pertaining to the stomach.

*Glans*, a gland or nut.

*Gangrene*, mortification.

*Grumous*, clotted blood.

*Hectic Fever*, an irregular habitual fever.

*Hydropic*, dropsical—watery.

*Heterogeneous*, of an opposite or dissimilar nature.

*Herpetic*, a disease of the skin.

*Hypochondrium*, either side of the chest under the false ribs; the liver fills up the right hypochondrium.

*Hemorrhage*, a flow of blood from any part of the body.

*Hysteria*, hysterics; a disease of the nervous system.

*Hypochondriasis*, lowness of spirits; vapors; a disease of the nervous system.

*Idiopathic*, primary; not symptomatic.

*Impotency*, a loss of the virile power.

*Impermeable*, water-proof.

*Iris*, a portion of the eye.

*Jejunum*, a part of the small intestines is so called, from the fact of its being commonly found empty.

*Kink*, a knot in the intestines; colic pains.

*Larynx*, the organs of the voice.

*Lacteals*, vessels which carry the chyle.

*Liquor Calcis*, lime water.

*Leucophlegmatic*, dropsical, with white and flabby skin and flesh.

*Liquor Amnii*, the fluid contained within the amnion.

*Lymph*, the fluid contained in the absorbent vessels.

*Labia*, the lips of the vagina, mouth, &c.

*Large Intestine*, the large gut.

*Liver*, the large organ which secretes the bile or gall.

*Lungs*, the lights or organs of breathing.

*Midriff*, the fleshy partition that separates the organs of the chest from those of the belly.

*Matrix*, the womb.

*Menstruation*, the monthly discharges of blood from the womb.

*Micturition*, voiding urine in small quantity, and often.

*Mesentery*, a membrane to which the intestines are attached, like a ruffle around the neck.

*Membrane*, a thin skin-like substance or covering.

*Muscles*, the flesh.

*Metatarsus*, the foot just above the toes.

*Mucous Membrane*, the lining of the mouth, and of all cavities which open outwardly.

*Nymphæ*, the small lips of the vagina.

*Nerve*, white cords arising from the brain, and distributed to all parts of the body.

*Node*, a bony tumor on the shins, forehead, &c.



*Œdematous*, swollen ; a swelling of any part of the body

*Ovaria*, the female testicles, or appendages of the womb, in which the eggs are deposited.

*Oxygenate*, to change the blood from a black or impure to a red, artereal, or healthy state ; *arterialize*, vitalize.

*Protean*, that which readily assumes different shapes.

*Phthisis*, consumption.

*Peritoneum*, a strong membrane surrounding all the internal organs of the abdomen or belly.

*Plethoric*, full-blooded ; *gross habit* of body.

*Pessary*, a roll of lint, sponge, or other substance, for supporting the womb when in a relaxed state.

*Perinaeum*, the space between the fundament and the external urinary or generative organs.

*Pubes*, the space covered with hair above the organs of generation.

*Placenta*, the after-birth.

*Periodically*, occurring at regular or stated intervals of time ; the monthly female discharge is *periodical*.

*Pathology*, the doctrine of diseases.

*Precordia*, the forepart of the region of the chest.

*Penis*, the virile membrane of the male.

*Pancreas*, the sweet-bread, so called.

*Pelvis*, the hip bones.

*Priapism*, a constant erection of the penis.

*Probang*, a stick with a piece of sponge tied to the end of it, for pushing bones, &c. from the throat into the stomach.

*Quack*, a false pretender to medical science.

*Respiration*, the act of breathing.

*Remittent Fever*, a fever which has intervals of cessation, and then comes on again ; in contradistinction to continued or long fever.

*Refrigerants*, cooling medicines, as Epsom salts.

*Regimen*, a certain kind or prescribed *rule* of diet for invalids, &c.

*Respiratory Apparatus*, the organs of breathing—the lungs, &c.

*Radicles*, little roots or branches, as of veins, arteries, &c.

*Small Intestines*, the small guts.

*Sexual*, pertaining to the organs of generation in both male and female.

*Sedative*, a calming, quieting, sub-controlling medicine.

*Salacious*, given to venereal excesses—amorous.

*Saliva*, spittle.

*Spinal Column*, the back bone.

*Suppuration*, generated matter, from inflammation.

*Strangury*, to urinate with difficulty and pain.

*Stectorica*, the whites of the eyes.

*Secrete*, to form or make from the blood.

*Secretion*, the act of secreting the matter or fluid so secreted ; urine, sweat, semen, gall, &c., are examples of a secretion.

*Semen*, the watery part of the blood.

*Sternum*, the breast-bone.

*Sympathetic Nerve*, a numerous quantity of nerves distributed to the organs

of the chest, abdomen, pelvis, and connected with the rest of the nervous system.

*Speculum*, a tube for the purpose of examining the different orifices of the body when diseased.

*Secrete*, to make or form from the blood.

*Symptomatic*, secondary—depending on something else.

*Stricture*, a contraction or strangulation.

*Suppuration*, matter.

*Scorbutic*, scrofulous—King's evil.

*Temperament*, constitution; general habit of body.

*Tubercles*, small roundish bodies in the cells of the lungs, constituting true consumption; they are also found in other parts.

*Tenesmus*, a continual inclination to go to stool, without effect, and accompanied by much straining.

*Turgescence*, swelling.

*Traction*, the act of pulling steadily, as upon the umbilical cord to bring away the placenta.

*Tinnitus Aurium*, ringing in the ears, as in partial deafness.

*Thoracic Duct*, the tube which conveys the chyle into the blood.

*Tonsils*, the almonds of the ears.

*Trachea*, the windpipe.

*Uterus*, the womb.

*Urethra*, the pipe of the penis through which the urine is discharged from the bladder.

*Umbilical cord*, the navel string.

*Ulmus*, slippery elm.

*Umbilicus*, the navel, or "belly button."

*Ureter*, tubes extending from the kidneys to the bladder, for the passage of the urine.

*Vagina*, the external canal in females, which leads to the womb.

*Viscera*, the entrails; the stomach, intestines, &c., are examples of the meaning of this word.

*Virile*, procreative.

*Vulva*, the female external organs of generation.

*Venesection*, blood-letting.

*Virus*, poison; foul infectious matter.

*Vena Cava*, a large vein opening into the heart.

*Ventricle*, one of the cavities of the heart; also of the brain.

*Vein*, a vessel which brings back the blood from any part of the body to the heart.

*Vis Medicatrix Naturæ*, three Latin words signifying the innate healing power of the body, better seen in brutes.

*Vertebra, æ*, the bone or bones of the spine.

\*\*\* For "Electro-Magnetic Electricity," those who prefer, may read *Magnetic-Electricity*, simply, wherever those words occur in this volume.

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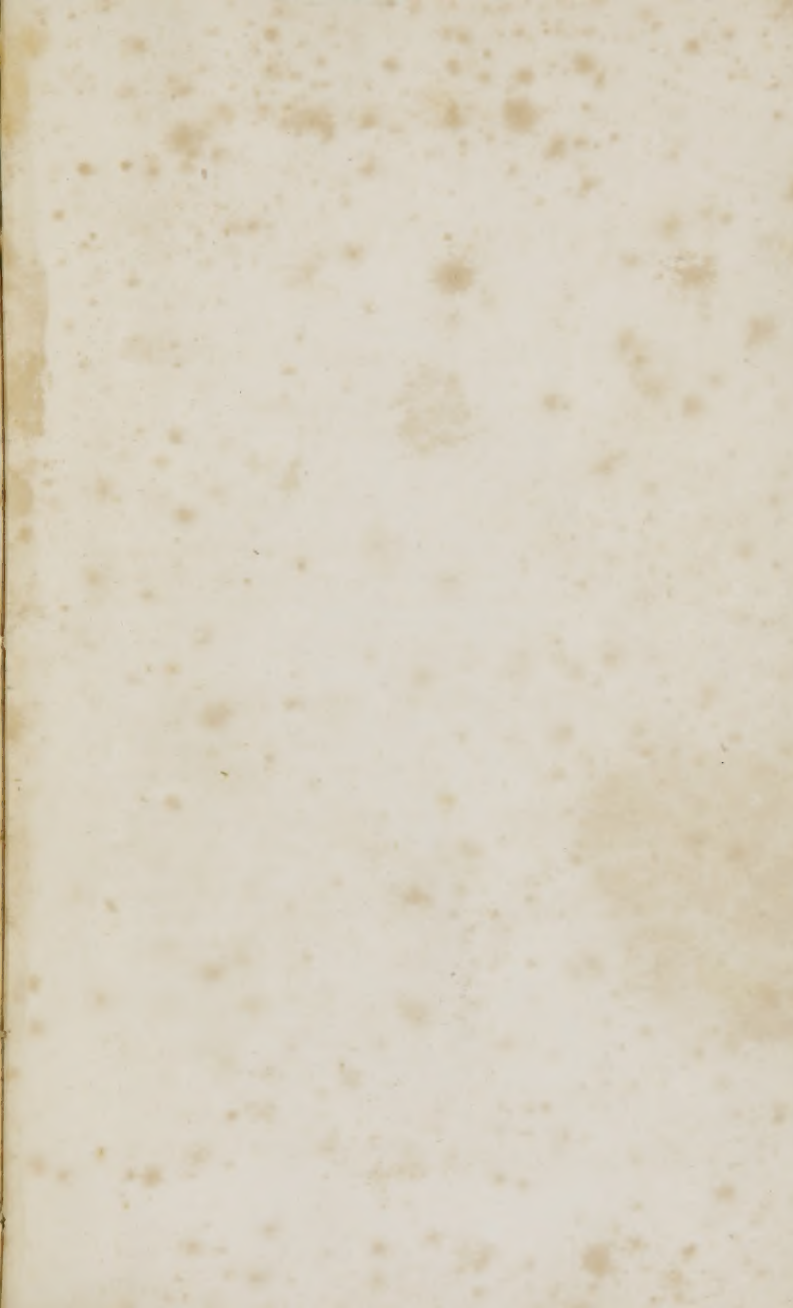
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